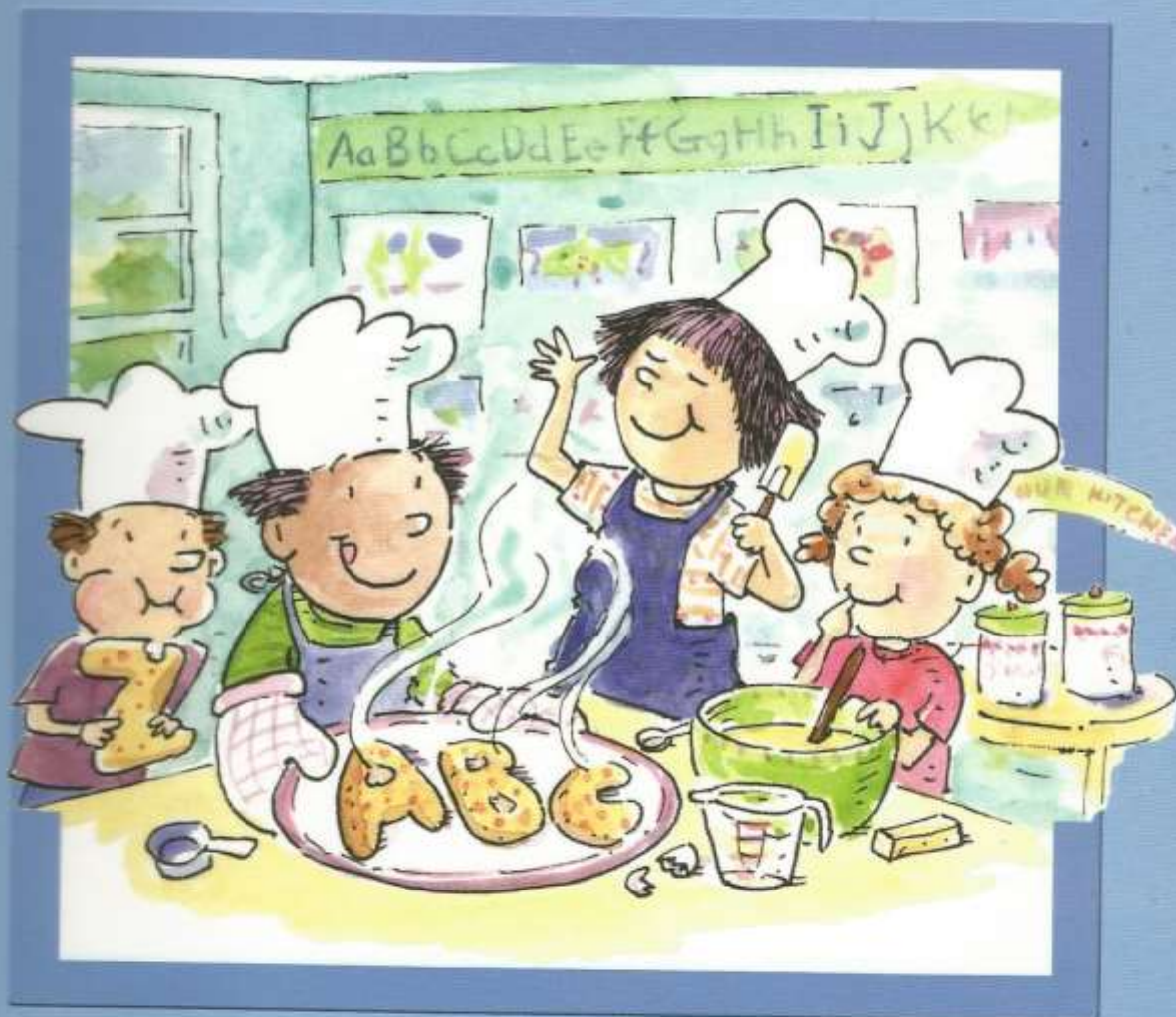


# **50 Years Of Food & Fellowship 1956 - 2006**



**Broadway United Church  
Youth Group And Sunday School**

**2006**

This cookbook is dedicated to the entire congregation of Broadway United Church, past and present.

The Youth Group and Sunday School wish to take this opportunity to thank everyone who donated their favorite recipes.

Broadway United Church  
Youth Group and Sunday School  
**BROADWAY UNITED CHURCH**  
Regina, Saskatchewan

September, 2006

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## **OUR MISSION STATEMENT**

"Broadway United Church is a worshipping  
community proclaiming the good news of Jesus Christ,  
and being a living example of love and fellowship  
in a broken, divided world."

## **OUR AFFIRMATION**

You are wonderful,  
You are marvelous,  
You are one of a kind  
A child of God  
And God loves you lots.

## **RECIPE FOR HAPPINESS**

**2 heaping cups of patience**  
**2 handfuls of generosity**  
**1 heart full of love**

**Dash of laughter**  
**1 head full of understanding**

Sprinkle generously with kindness. Add faith. Mix well. Spread over a period of a lifetime and serve to everybody you meet.

## **HOW TO PRESERVE CHILDREN**

**1 large grassy field  
1 dozen children  
2 or 3 small dogs**

**A pinch of brook and some  
small pebbles**

Mix children and dogs well together and put them in the field, stirring constantly. Pour the brook over the pebbles, sprinkle the field with flowers, spread over all a deep blue sky and bake in hot sun. When browned, remove and set to cool in a tub full of water.

## NOTES

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# My Favourite Recipes

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# Appetizers & Beverages



## COOKING TERMS

**Bake** — To cook by dry heat, either covered or uncovered, in an oven or oven-type appliance.

**Baste** — To moisten meat or other foods with pan drippings, fruit juice or a sauce. Prevents drying of food surface and adds flavor.

**Beat** — To make a mixture smooth by introducing air with a brisk over and over motion using a spoon, or a rotary motion using an egg beater or electric mixer.

**Blanch** — To preheat in boiling water or steam. Helps loosen skins of fruits, vegetables or nuts; also used to prepare food for canning, freezing or drying.

**Blend** — To combine two or more ingredients thoroughly.

**Boil** — To heat a liquid until bubbles continuously break on the surface.

**Braise** — To cook slowly in a small amount of liquid in a covered pan.

**Bread** — To coat with flour, then dip into slightly diluted beaten egg or milk, and finally coat with bread, cereal or cracker crumbs.

**Broil** — To cook by direct heat, under a broiler or over hot coals.

**Caramelize** — To melt sugar, or foods containing sugar, slowly over low heat without burning, until it melts and becomes brown in color.

**Chop** — To cut food into small pieces with a knife.

**Clarify** — To make a liquid (stock, broth, butter) clear by skimming away or filtering out fat or other impurities.

**Coat** — To cover food evenly with flour, crumbs or batter.

**Coddle** — To cook food slowly in water just below the boiling point.

**Compote** — Fruit stewed or cooked in syrup, usually served as a dessert.

**Cool** — To let food stand at room temperature until it is no longer warm to the touch.

**Cream** — To make a fat, such as butter, soft and smooth by beating with a spoon or mixer. Also, to combine a fat with sugar until mixture is light and fluffy.

**Cube** — To cut a solid food into cubes of about 1/2 inch or more.

**Cut in** — To mix evenly a solid fat into dry ingredients (e.g. shortening and flour) by chopping with two knives or a pastry blender.

**Dice** — To make small cubes of 1/4 to 1/2 inch.

**Dredge** — To cover or coat food with flour or a similar fine, dry substance.

**Dust** — To sprinkle lightly with flour or sugar.

**Fillet** — A piece of meat, poultry or fish without bones.

**Flake** — To break food into small pieces, usually with a fork.

**Flute** — To make decorative indentations around edge of pastries, fruits or vegetables.

**Fold** — To combine two ingredients. Using a spoon or rubber spatula, go down through the mixture on the far side of the bowl, bring the spoon across the bottom of the bowl and up the near side, turn the mixture over on the top. Turn bowl slightly and repeat till mixture is blended.

**Fry** — To cook in hot fat; pan-fry or sauté in a small amount of fat, deep-fat fry in deep layer of fat that covers the food.

**Glaze** — To coat with a smooth mixture to give food a glossy appearance.

**Grate** — To rub food against a grater to form small particles.

**Grill** — To cook on a rack over hot coals or other direct heat.

**Grind** — To reduce to particles in a grinder, blender or food processor.

**Julienne** — To cut meat, vegetables or fruit into long matchlike strips.

**Knead** — To manipulate with a pressing motion accompanied by folding and stretching. For yeast bread: fold dough toward you, push dough away using the heel of your hand. Rotate 1/4 turn and repeat. For tea biscuits: kneading process is much less vigorous and requires less time.

**Marinate** — To let food stand in a seasoned sauce called a **marinade** to tenderize and increase flavor.

**Mince** — To cut or chop into very small pieces, but smaller than diced.

**Mix** — To combine ingredients until evenly distributed.

**Panbroil** — To cook uncovered on a hot surface removing fat as it accumulates.

**Parboil** — To cook food in a boiling liquid until partially done. Cooking is usually completed by another method.

**Pare** — To remove outer covering of fruit or vegetable with a knife.

**Peel** — To strip off or pull away outer covering of fruit or vegetable.

**Poach** — To cook slowly in simmering liquid such as water or milk.

**Purée** — To put food through a sieve, blender or processor to produce the thick pulp or paste with juice.

**Reduce** — To rapidly boil down the volume of a liquid to concentrate flavor.

**Roast** — To cook meat in an uncovered pan by dry heat in an oven.

**Sauté** — To brown or cook in a small amount of fat (see **fry**).

**Scald** — To heat milk to just below the boiling point, when tiny bubbles appear around the edge of the pan; to dip certain foods briefly into boiling water (see **blanch**).

**Score** — To make shallow slits into the surface of a food in a diamond or rectangular pattern.

**Sear** — To brown and seal surface of meat quickly with intense heat.

**Shred** — To cut into long, thin strips with a knife or shredder.

**Simmer** — To cook in liquid just below boiling point; bubbles form slowly and burst before reaching surface.

**Sliver** — To cut into long thin pieces with a knife; e.g. almonds, or pimiento.

**Steam** — To cook in a covered container above boiling water.

**Steep** — To let stand for a few minutes in water that has just been boiled to enhance flavor and color.

**Stew** — To simmer slowly in liquid deep enough to cover.

**Stir** — To mix ingredients in a circular motion until blended with uniform consistency.

**Stir fry** — To cook in a frypan or wok over high heat in a small amount of fat, tossing or stirring constantly.

**Toast** — To brown with dry heat in an oven or toaster.

**Whip** — To beat rapidly with a wire whisk, beater or mixer to incorporate air to lighten and increase volume.

## APPETIZERS & BEVERAGES

### BROCCOLI BRAID

*Wanda Reece*

2 cups chicken or ham,  
chopped  
1 cup broccoli, chopped  
1/2 cup red pepper, chopped  
4 oz or more cheddar cheese  
1/2 cup onion  
1 clove garlic, pressed  
1/2 cup mayonnaise

1 tsp dill  
1/2 tsp salt  
2 pkg Pillsbury crescents  
(regular)  
1 egg white, beaten  
2 tsp slivered almonds  
(optional)

Mix first 9 ingredients together. Unroll 1 package of crescent dough; do not separate. Lay out on 12x15 inch baking sheet with longest sides of dough across baking sheet. Repeat with remaining package of dough. Seal edges of dough together and roll to edges of baking sheet. On longest sides of baking sheet, cut dough into strips 1 1/2 inches apart, 3 inches deep. There will be 6 inches down center of dough for filling. Spread filling evenly over middle of dough. To braid, lift strips of dough across mixture to meet in center, twisting each strip 1 turn. Continue alternating strips to form a braid. Tuck ends up to form a rim at end of braid. Brush egg white over dough. Sprinkle with almonds. Bake 1/2 hour at 375°F.

### BRUSCHETTA

*Kyle Desjardins*

1/3 cup olive oil  
1/3 cup balsamic vinegar  
Dash oregano  
Salt, to taste  
Green onions

1/3 cup Italian dressing  
Dash garlic  
Dash basil  
Pepper, to taste  
Tomatoes

Mix together. Let sit for a couple hours. Slice baguette bread loaf into 1 inch slices. Drain off dressing and put tomato mixture on baguette slices, sprinkle with Parmesan cheese and broil until golden brown. Remove and serve.

*He who is afraid to ask is ashamed of learning.*

## **BACON & CHEESE MUNCHIES**

*Colleen Gordon*

1 cup grated cheddar cheese  
1/2 cup flour  
1/2 tsp paprika  
1/4 tsp dry mustard  
Pinch cayenne

1/4 cup butter  
1/2 cup Rice Krispies  
6 slices bacon, cooked crisp  
and crumbled

Mix together cheese, flour and seasoning. Add butter and blend with hands. Work in cereal and bacon. Roll into 1 inch balls and place on baking sheet. Bake at 350°F for 10 to 12 minutes or until firm. Makes 24.

## **CRAB TARTLETS**

*Darlene Bailey*

5 doz 1 1/2 inch pastry shells  
2 eggs  
2 Tbsp flour  
1/2 cup mayonnaise

1/2 cup milk  
3 finely chopped green onions  
4 3/4 oz crabmeat  
2 cups grated cheddar cheese

Beat eggs till frothy. Mix in flour, mayonnaise and milk. Add chopped onion. Stir in crabmeat and cheese. Pour into shells. Bake at 350°F for 30 minutes or until set. Makes 5 dozen.

## **CHEESE DROPS**

*Lorena Robinson*

1 cup flour  
2 tsp baking powder  
1/2 tsp salt

1/2 cup butter or margarine  
1/2 cup water

Cut in 1/2 cup butter or margarine. Add 1 cup "old" grated cheese, grated not too fine. Mix dry ingredients, then add 1/2 cup water. Drop by spoonfuls. Bake in very hot oven (450°F). Dry mixture may be kept on hand and water may be added whenever you wish to serve them. Bake about 10 minutes.

## **CRANRAISINS ROLLS**

*Claudette Klotz*

1 tub cream cheese,  
spreadable  
1 pkg cranraisins  
1 cup crumbled feta cheese

1/4 cup chopped green onions  
4 large spinach/tomato tortilla  
wraps

Mix first 4 ingredients together. Spread onto tortillas and roll up. Wrap in Saran Wrap; place in fridge overnight. Cut each roll into about 8 pieces.

## MAPLE PECAN APPLE STUFFED BRIE

*Tracy Elliott*

- |  |                                       |
|--|---------------------------------------|
| <b>1/2 small apple, finely chopped</b> | <b>4 sheets frozen phyllo, thawed</b> |
| <b>1 Tbsp chopped pecans</b>           | <b>2 Tbsp butter or margarine</b>     |
| <b>2 Tbsp maple syrup</b>              | <b>1 pkg Brie cheese</b>              |

Preheat oven to 400°F. Mix apple and pecans in a bowl and stir in maple syrup. Brush 1 phyllo sheet with melted butter. Top with remaining 3 phyllo sheets, brushing each sheet with butter. Cut cheese in 1/2 horizontally. Coat bottom 1/2 with 1/2 of the apple mixture and place upper portion of Brie on top. Then layer second 1/2 of apple mixture on top. Enclose phyllo sheets around Brie and brush remaining butter all around. Bake for 15 minutes. Serve with crackers or apple slices.

## CHEDDAR BACON DIP

*Lucy Jones*

- |  |   |
|--|---|
| <b>8 oz pkg cream cheese, softened</b> | <b>1 jar taco sauce</b>                       |
| <b>1 cup sour cream</b>                | <b>2 cups shredded cheddar cheese</b>         |
| <b>5 green onions, thinly sliced</b>   | <b>1 lb sliced bacon, cooked and crumbled</b> |
| <b>4 medium tomatoes, chopped</b>      | <b>Tortilla or taco chips</b>                 |
| <b>1 large green pepper, chopped</b>   |   |

In mixing bowl, beat cream cheese and sour cream. Spread on ungreased 12 inch plate or pizza pan. Combine onions, tomatoes and green pepper. Spread over cream cheese mixture. Pour taco sauce over vegetables. Sprinkle with cheddar cheese. Add bacon on top and serve with tortilla or taco chips. Great for any kind of party!

## HOT CRAB APPETIZER

*Kyle Desjardins*

- |   |                                |
|---|--------------------------------|
| <b>1 large pumpernickel bread</b>       | <b>3 green onions, chopped</b> |
| <b>2 (8 oz) pkg cream cheese, light</b> | <b>1/2 cup crumbled bacon</b>  |
| <b>1 cup mayonnaise, light</b>          | <b>2 tsp dill weed</b>         |
| <b>1 cup grated cheddar cheese</b>      | <b>1 cup crab meat</b>         |

Partially freeze bread, cut top off and hollow out, leaving 1/2 inch rim. Cut inside into bite size pieces. Set aside. Combine well, all other ingredients. Put mixture into loaf. Put top back on and wrap in foil. Bake at 300°F for 2 hours.

## **HOT MUSHROOM CHEDDAR DIP**

*Garrett Yee*

**10 oz (284 mL) condensed  
cream of mushroom soup  
3/4 cup (175 mL) skim  
evaporated milk**

**2 cups (500 mL) grated  
cheddar cheese  
1 tsp (5 mL) Worcestershire  
sauce  
1 green onion, sliced**

Combine first 4 ingredients in bowl. Stir. Microwave, uncovered, on high (100%) for 2 to 3 minutes. Stir well. Microwave, uncovered, on high (100%) for 30 seconds until cheese is melted. Sprinkle with green onions. Makes 2 cups (500 mL).

## **MUSHROOM DILL DIP**

*Tracy Elliott*

**1 tsp margarine or butter  
1 cup finely chopped  
mushrooms  
1/2 cup chopped green onion  
4 oz cream cheese, softened  
1/3 cup sour cream**

**3 Tbsp mayonnaise or salad  
dressing  
1 tsp dill weed  
1/8 tsp garlic powder  
1/8 tsp salt**

Heat margarine in frying pan. Add mushrooms and green onion. Sauté until golden. Cool. Beat remaining 6 ingredients together well in medium bowl until creamy. Fold in mushroom mixture. Makes 1 1/2 cups.

## **TACO SALAD DIP**

*Lorna Bennett*

**250 g pkg cream cheese  
1 cup sour cream  
1 pkg taco seasoning mix  
2 cups shredded lettuce**

**2 cups shredded cheddar  
cheese  
2 cups diced tomatoes  
1/2 cup diced green pepper  
1/2 cup diced green onion**

Mix the first 3 ingredients together. Let stand 2 hours. Spread into a tray (approximately 10 inches) that is 2 inches deep. Layer the next 5 ingredients in the order given. Serve with taco chips for party dipping.

*Wit is the salt of conversation, not the food.*

## **TACO DIP**

*Philip Boehmer*

**8 oz pkg cream cheese,  
softened  
1/2 cup sour cream**

**1/2 pkg taco seasoning  
1 1/4 cups salsa**

Beat together cream cheese, sour cream and seasoning. Spread on tray, or for easy clean up, aluminum pizza sheet. Top mixture with salsa and add your favorite taco toppings: chopped lettuce, tomatoes, peppers, olives, shredded cheese, etc. Serve with nacho chips.

## **TACO SPREAD**

*Darlene Bailey*

**8 oz pkg cream cheese  
1 small sour cream  
1 envelope taco seasoning mix**

**Shredded cheese  
Shredded lettuce  
Chopped tomatoes**

Mix cream cheese, sour cream and taco seasoning together and spread on plate. Spread with layer of shredded cheese, then shredded lettuce and top with chopped tomatoes. Serve with taco chips.

## **OLIVE GARDEN HOT ARTICHOKE DIP**

*Larry Desjardins*

**8 oz pkg light cream cheese  
14 oz can artichoke hearts,  
drained  
1/2 cup spinach, frozen or  
steamed  
1/4 cup mayonnaise (not  
Miracle Whip)  
1/4 cup Parmesan cheese**

**1/4 cup Romano cheese (you  
can use all Parmesan)  
1 clove garlic, finely minced  
1/2 tsp dried basil (1 Tbsp  
fresh)  
1/4 cup mozzarella cheese,  
grated  
1/4 tsp garlic powder  
Salt and pepper, to taste**

Allow cream cheese to come to room temperature. Cream together mayonnaise, Parmesan, Romano, garlic, basil, garlic powder, salt and pepper. Mix well. Add cream cheese and mix again. Chop artichokes and spinach coarsely (careful to drain this well). Mix with cheese mixture until well blended. Store in container until you are ready to use.

When ready to use, spray pie plate or quiche dish with cooking spray, pour in dip, top with mozzarella cheese. Bake at 350°F for 25 minutes or until top is browned. Serve with toasted bread, chips or crackers.

## VEGGIE PIZZA

*Leona Dent*

2 containers Pillsbury crescent  
dough  
2 (8 oz) pkg cream cheese  
1/2 cup sour cream  
3 Tbsp mayonnaise

1 pkg Hidden Valley Ranch  
Assortment raw veggies  
(cauliflower, broccoli, carrot,  
celery, red/green pepper)

Carefully unroll dough on 1 large cookie sheet. Bake as directed. Let cool. Mix cream cheese, sour cream, mayonnaise and seasoning. Spread over cooled base. Finely chop assortment of raw vegetables. Sprinkle over cream cheese layer. Cut and serve.

## GREEK VEGGIE PIZZA

*Tannis Desjardins*

1 pkg Pillsbury crescent rolls  
(jumbo)  
250 g pkg cream cheese,  
softened  
1/4 cup mayonnaise  
1 clove garlic, or to taste (I use  
2 or 3)  
1 Tbsp dill  
Salt/pepper, to taste  
1 tsp oregano

**Toppings:**  
Tomato  
Red onion  
Green pepper  
Feta or mozzarella cheese,  
grated  
Cucumber  
Black olives  
Mushrooms

Preheat oven to 350°F. Unroll crescent dough and spread out on 12x15 inch rectangular stone. Use dough and pizza roller to spread dough and seal seams. Bake 10 to 12 minutes or until lightly browned. Cool completely. Blend together next 5 ingredients (2 quart batter bowl). Spread cream cheese mixture on cooled crust.

**Toppings:** Chop with food chopper. Sprinkle a layer of each desired veggie over cream cheese. Sprinkle with oregano. Grate cheese on top. Cut into slices and serve.

*The best thing to do behind a person's back is to pat it.*

## **PIZZA SAUCE**

*Shirley Gordon*

**1 lb Velveeta cheese**  
**1 can tomato soup**  
**1 lb hamburger**

**1/2 lb bacon, chopped fine**  
**1 onion, chopped fine**  
**1 tin mushrooms, chopped fine**

Melt Velveeta cheese and tomato soup. Fry hamburger, bacon, onion and mushrooms. Season with salt and pepper and oregano. Combine and cook few minutes. Put in containers and freeze. Serve on buns then broil. Can serve them on small party bread.

## **LONG ISLAND ICED TEA**

*Leona Dent*

**Equal parts white rum, gin,  
vodka, Triple Sec**

**Dash Pepsi or Coke**  
**Ice**

Fill tall glass with ice. Add rum, gin, vodka, Triple Sec, splash of Pepsi (to resemble colour of weak tea).

## **ORANGE JULIUS**

*Garrett Yee*

**6 oz frozen orange juice  
concentrate (1/2 can)**  
**1 cup milk**  
**1 cup water**

**1 Tbsp sugar**  
**2 tsp vanilla**  
**6 to 8 ice cubes**

Mix above ingredients in your water pitcher, adding ice just before you are ready to eat/drink. Pour into food blender and blend until ice is gone. Serve immediately. Makes 5 cups.

## **SEASON'S BEST PUNCH**

*Patricia Gorius*

**275 mL can frozen  
concentrated cranberry  
cocktail, thawed**  
**2 cups (500 mL) unsweetened  
orange juice**

**1/4 cup (50 mL) lemon juice**  
**750 mL bottle ginger ale,  
chilled**  
**1 orange, sliced**  
**Whole cloves**

Combine juices and chill well. At serving time, stir in ginger ale and pour mixture over ice in punch bowl. Slice orange and halve each slice. Insert 2 cloves in each half. Float in punch bowl. Makes 6 cups (1.5 L) or 12 (1/2 cup) servings. Double quantities for 24 servings.

## SUMMER SLUSH

*Wendy Hollinger*

8 cups water  
3 cups sugar  
2 (6 oz) cans frozen pink  
lemonade  
2 (6 oz) cans frozen yellow  
lemonade

12 oz carton orange juice  
48 oz can pineapple juice  
3/4 cup pink grenadine  
26 oz vodka

Boil water and sugar together for 15 minutes. Stir all other ingredients into boiled sugar water solution. Freeze. Scoop into glasses and pour ginger ale to top up each glass.

## BROWN COW

*Jenna Johnston*

1 large banana  
2 to 3 Tbsp chocolate syrup  
Vanilla, to taste

1 cup milk  
1 scoop ice cream

Mix all ingredients in blender until smooth.

## RICH 'N TASTY EGG NOG

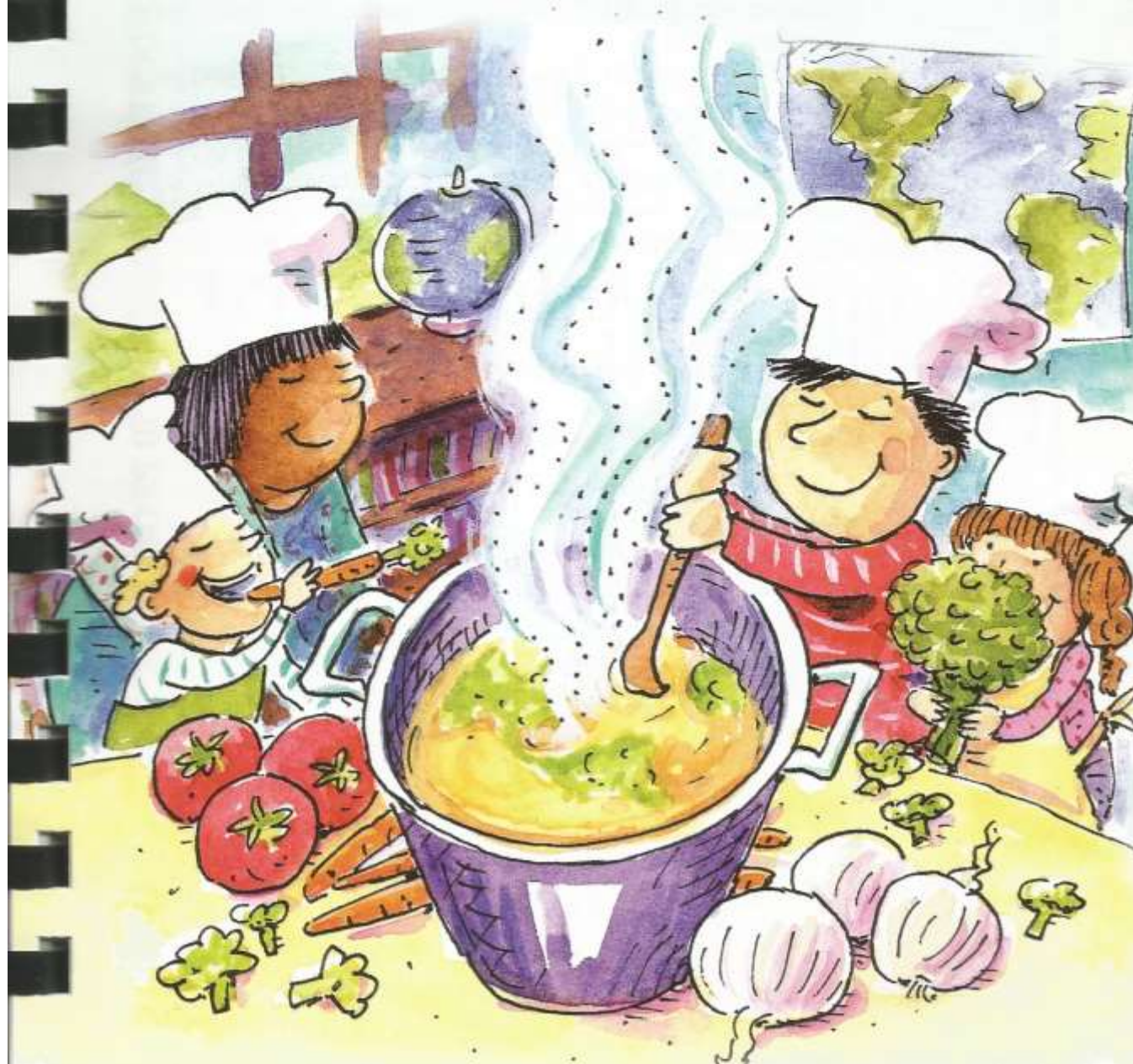
*Patricia Gorius*

6 eggs, separated  
1/4 tsp salt  
2/3 cup sugar  
1 pt (2 1/2 cups) light cream  
1 cup milk

1 cup light rum  
1/2 pt (1 1/4 cups) whipping  
cream  
Freshly grated nutmeg

Beat egg whites and salt until frothy. Gradually beat in 1/3 cup of the sugar and continue beating until thick and lemon-coloured. Beating constantly, very slowly, add light cream, milk and rum. Whip cream until softly stiff. Gently fold whipped cream and egg whites into egg cream mixture. Chill thoroughly. Serve sprinkled with nutmeg. Makes 12 cups.

# Soups & Salads



# FOOD QUANTITIES TO SERVE 50 PEOPLE

Serving Portion	Amount for 50 People*	Serving Portion	Amount for 50 People*
<b>Beverages</b>			
Cocoa, mixed	¾ cup	40 cups	
unsweetened powder	½ lb.	½ lb.	
Coffee	¾ cup	1 ½ lb.	
Punch	½ cup	25 cups	
Tea	¾ cup	½ lb.	
<b>Bread and Crackers</b>			
Bread	1 slice	4 loaves	
Rolls	1 roll	5 doz.	
Crackers (soda)	2 crackers	1 ½-2 lb.	
<b>Cereals</b>			
Rice	½ cup	3-4 lb.	
Macaroni, noodles, spaghetti	½ cup	4 ½-5 lb.	
<b>Dairy Products</b>			
Butter, for table	1 tbsp.	1-1 ½ lb.	
for vegetables	½ tsp.	¾ lb.	
Cheddar cheese	1-1 ½ oz.	3-5 lb.	
Cream, coffee	2 tbsp.	7 cups	
whipping	½ cup	3 cups	
Ice cream	½ cup	25 cups	
Milk	1 cup	50 cups	
<b>Desserts</b>			
Cakes, angel food		3-4 cakes	
pound or loaf		4 loaves	
8x8-inch square		3-4 cakes	
Cookies or slices	3 pieces	150 pieces	
Pies	¾ pie	6 pies	
<b>Fish</b>			
Fillet	3 oz.	14-16 lb.	
Whole	3 oz.	40 lb.	
<b>Fruits</b>			
Apples	1	15 lb.	
Bananas	1	16 lb.	
Peaches	1	12-15 lb.	
Raspberries or strawberries	½ cup	14 lb.	
Juice, fruit or vegetable	½ cup	25 cups	
<b>Meat</b>			
Beef, ground	3 oz.	13-15 lb.	
boneless round, rump	3 oz.	16-18 lb.	
Lamb, boneless leg	3 oz.	15 lb.	
Pork, boneless loin	3 oz.	18-20 lb.	
boneless ham	3 oz.	15 lb.	
Salami	3 oz.	10 lb.	
Sliced luncheon meat	1 oz.	3 ½ lb.	
Weiners	2 weiners	10 lb.	
<b>Poultry</b>			
Chicken, fryers	¾ fryer	13 fryers	
Turkey	3 oz.	36 lb.	
<b>Pickles</b>			
Dill or sweet		10 cups	
Relish		8 cups	
<b>Salads</b>			
Green	¾ cup	32-40 cups	
Potato, chicken or fruit	½ cup	28-32 cups	
<b>Salad dressings</b>			
Mayonnaise	1 tbsp.	4 cups	
French	2 tsp.	3-4 cups	
<b>Sandwiches</b>			
Main meal	1 ½	70-80	
Afternoon	1	50	
<b>Vegetables</b>			
Asparagus	½ cup	18-20 lb.	
Beans, green or wax	½ cup	10-12 lb.	
Broccoli	½ cup	16-20 lb.	
Cabbage	1 wedge	12-14 lb.	
Cauliflower	½ cup	16-18 lb.	
Celery, sticks	4 sticks	4-5 lb.	
Corn on the cob	1 ear	5 doz.	
Lettuce, for tossed salad	1 cup	8 heads	
for salad plate			
Potatoes, baked	1 potato	17-25 lb.	
mashed	½ cup	15 lb.	
Tomatoes, sliced	3 slices	15 lb.	
<b>Frozen vegetables</b>			
		10 lb.	

\*Based on one serving portion per person. For second helpings or larger serving portions, prepare additional food accordingly.

## SOUPS & SALADS

### 24 HOUR FRUIT SALAD

*Elaine Herndier*

1 can fruit cocktail, drained  
1/2 cup Miracle Whip  
1 cup whipping cream or Cool Whip

2 cups miniature marshmallows  
Maraschino cherries (as many as you want)

Make day before. Mix Miracle Whip and whipped cream together. Then add other ingredients.

### PINEAPPLE JELLIED SALAD

*Tannis Desjardins*

1 scant cup crushed pineapple  
1 cup chopped celery  
1 cup cheddar cheese  
3 oz pkg lemon jelly powder

1/4 tsp salt  
1/8 tsp dry mustard  
1/2 Tbsp vinegar  
1/2 cup evaporated milk

Drain pineapple well and reserve juice. Add enough water to reserved pineapple juice to make 1 cup. Boil juice and dissolve jelly powder in it. Add salt, vinegar and mustard. Put in fridge and set to consistency of egg whites. Whip milk until stiff like whipped cream. Fold in chilled jelly mixture, celery, grated cheese and pineapple. Put in bowl and chill until set and ready to serve.

### STRAWBERRY JELLO SALAD

*Patricia Gorius*

1 big pkg strawberry Jello (or just use a small pkg)  
2 cups hot water  
2 (10 oz) pkg frozen strawberries (I don't use this much)

8 oz cream cheese  
1/3 cup sugar  
8 oz tub Cool Whip  
1 1/3 cups pretzels  
1/8 cup butter  
2 Tbsp brown sugar

Dissolve Jello in hot water; add frozen strawberries. Set in bottom of glass bowl. Cream the cream cheese and sugar together. Mix with Cool Whip. Spread over set Jello. Mix together pretzels, butter and sugar. Bake at 350°F for 10 minutes. Cool and spread over top of Cool Whip mixture. Enjoy!

## **TOMATO ASPIC**

*Judy Tilling*

1 envelope unflavored gelatin  
1/4 cup cold water  
20 oz tomato juice  
Chopped celery and celery  
leaves

1 Tbsp vinegar  
1 Tbsp white sugar  
1 Tbsp grated onion  
1 bay leaf

Sprinkle gelatin over water. Let stand for 5 minutes. Heat tomato juice and add celery leaves, vinegar, sugar, onion and bay leaf. Simmer 10 minutes. Strain into Pyrex bowl. Add softened gelatin to hot juice and stir well. Chill until thickened. Add chopped celery. Chill more until firm.

## **CARROT SALAD**

*Vicki Renner*

2 lb carrots  
1 mild onion  
1/2 cup diced celery  
1 tin tomato soup  
1/2 cup white vinegar  
1/2 cup vegetable oil

1 tsp salt  
1 Tbsp Worcestershire sauce  
1 cup white sugar  
1 tsp prepared mustard  
1/4 tsp pepper

Slice and cook carrots (not mushy soft). Mix with raw onion and celery. Set aside. Mix next 8 ingredients together. Pour over carrots, onion and celery. Marinate a minimum of 12 hours. This has a long fridge life.

## **CARROT SALAD**

*Lorraine Thompson*

2 lb carrots  
1 large green pepper  
1 large Spanish onion  
3/4 cup sugar  
3/4 cup vinegar  
1/2 cup oil

10 oz can tomato soup  
1 tsp Worcestershire sauce  
1 tsp mustard (prepared)  
1/2 tsp salt  
1/2 tsp pepper

Slice, cook, drain and cool carrots. In a blender, put sugar, vinegar, oil, tomato soup, mustard, salt and pepper. Blend until oil is mixed with other ingredients. Slice and cut up onion. Remove seeds from pepper, slice and cut up. Arrange onion, carrots and pepper in a bowl. Pour blended ingredients over carrots, onion and pepper. Flavor improves with sitting at least overnight.

## **BROCCOLI, BACON, GRAPE SALAD**

*Wanda Reece*

1 bunch fresh broccoli,  
chopped  
1/2 cup red onion or green  
onion, chopped  
1 cup celery, chopped  
1 1/2 lb bacon, fried crisp

1/2 cup hulled sunflower seeds  
1/2 cup grapes  
Dressing:  
3/4 cup mayonnaise  
1/4 cup sugar  
2 Tbsp vinegar

Combine salad ingredients in large bowl. Combine dressing ingredients and pour over salad and toss. Chill. Serves 12.

## **BROCCOLI SALAD**

*Larry Desjardins*

1 bunch broccoli  
1/2 head cauliflower  
1/2 cup sunflower seeds  
1/2 cup sultana raisins  
1/2 cup purple onion, sliced

3/4 cup feta cheese, crumbled  
Dressing:  
1 cup mayonnaise  
2 Tbsp vinegar  
2 Tbsp sugar

Cut broccoli and cauliflower into bite size pieces. Add remaining salad ingredients. Mix dressing ingredients together. Pour dressing over salad just before serving.

## **BROCCOLI SALAD**

*Tannis Desjardins*

Broccoli  
Cauliflower  
Celery  
Onion

Italian dressing  
Mayonnaise or Miracle Whip  
Pinch cayenne pepper  
Pinch dry mustard

Decide how big of a salad you want to make and use the appropriate amount of vegetables. Cut broccoli and cauliflower into bite size pieces. Slice celery and chop onion. Put all vegetables into a bowl, pour enough Italian dressing over vegetables to generously coat, cover and let stand in fridge for at least 2 hours.

Mix together mayonnaise, cayenne and dry mustard. Pour over vegetable mixture and toss to coat evenly (start with about 1/2 cup and add more if needed).

## **GREEN BEAN SALAD (German/Viennese Recipe)**

*Helen Kaeser*

**1 lb green beans  
2 small onions  
6 slices bacon**

**1/3 cup vinegar  
2 1/2 Tbsp sugar  
1/2 tsp salt**

Wash, cut off and discard ends from beans and cut into 1 inch pieces. Cook 15 to 20 minutes, or until beans are tender. Drain thoroughly and put beans in a bowl. Keep beans warm. Clean and cut onions into slices 1/8 inch thick. Separate onion slices into rings and put into bowl with beans. Dice bacon and fry until crisp, without pouring off drippings. Add vinegar, sugar and salt to skillet containing bacon. Heat mixture to boiling, stirring well. Pour vinegar mixture over beans and onions and toss lightly to coat thoroughly. Makes 4 servings.

## **SPINACH SALAD**

*Judy Tilling*

**1 lb spinach or lettuce, torn  
1/2 medium onion, sliced thin  
2 hard boiled eggs, sliced  
1/2 cup feta cheese, crumbled  
1 tomato, cut into wedges**

**6 Tbsp olive oil  
2 Tbsp white wine vinegar  
1 tsp oregano flakes  
1/2 tsp salt  
1/4 tsp pepper**

In salad bowl, layer salad ingredients in order given arranging tomato wedges in a pattern on top. Shake dressing ingredients in jar. Chill. Immediately before serving, pour dressing over salad stuff. No need to mix. The dressing will coat salad as it is served.

## **JAPANESE CABBAGE SALAD**

*Darlene Bailey*

**1/2 medium cabbage, shredded  
2 green onions, chopped  
1/4 cup sunflower seeds,  
toasted  
1/2 cup sliced almonds, toasted  
1 pkg Ichiban noodles, broken  
up**

**Dressing:  
Seasoning from Ichiban  
noodles  
1/2 cup vegetable oil  
2 to 4 Tbsp soya sauce  
3 Tbsp vinegar  
1 Tbsp sugar  
1 tsp salt  
1/2 tsp pepper**

Combine cabbage, green onions, toasted sunflower seeds and almonds. Add broken Ichiban noodles. Pour dressing over, toss and serve.

## WALDORF ORIGINAL

*Lucy Jones*

1 cup peeled apple, diced  
1 cup chopped celery  
1/2 cup chopped walnuts

1/4 cup mayonnaise  
2 Tbsp lemon juice

Put apple, celery and walnuts into bowl. Add mayonnaise and lemon juice immediately to prevent apple from darkening. Serves 4.

## YUMMY SALAD

*Joyce Malakoff*

1 head cabbage  
3 green onions, chopped, with tops  
1 pkg Top Ramen noodles  
(bake them in slow oven until light brown)  
1 Tbsp sesame seeds (brown slow oven)

2 oz slivered almonds (brown slow oven)  
Dressing:  
1/4 cup oil  
3 Tbsp vinegar  
2 Tbsp sugar  
1/2 tsp pepper  
1/2 tsp salt

Dressing: Refrigerate 24 hours.

Prepare vegetables ahead of time. Prepare noodles, almonds and sesame seeds. Mix together at the last minute and toss with dressing.

## MAKE-AHEAD COLESLAW

*Judy Tilling*

1/3 cup white vinegar  
1/3 cup vegetable oil  
1/4 cup water  
2 Tbsp white sugar

1 tsp salt  
1/2 tsp garlic salt  
Pinch pepper

Mix dressing ingredients well. Pour over chopped or sliced cabbage. Chill 1 to 2 hours minimum. Keep covered.

## CHICKEN SALAD

*Marg Teasdale*

3 cups diced cooked chicken  
1 cup diced celery  
1 cup diced orange sections  
1 can pineapple tidbits  
1/2 cup sliced toasted almonds

2 Tbsp salad oil  
2 Tbsp orange juice  
2 Tbsp vinegar  
1/2 tsp salt  
1/2 cup mayonnaise

Mix first 5 ingredients. Toss lightly. Mix dressing. Shake well. Pour over chicken, let stand 1 hour, drain and toss.

## **TACO SALAD**

*Leona Dent*

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| <b>1 lb ground beef</b>           | <b>1 cup grated cheddar cheese</b> |
| <b>1/2 pkg taco seasoning mix</b> | <b>1 bag taco chips, broken</b>    |
| <b>1 can kidney beans</b>         | <b>1 small bottle Russian or</b>   |
| <b>1 head lettuce</b>             | <b>Catalina salad dressing</b>     |
| <b>2 chopped tomatoes</b>         |                                    |

Brown beef, add taco seasoning and kidney beans, set aside and let cool (or store for later). Shred lettuce and place in bowl. Just before serving, add cooled meat mixture, chopped tomatoes, cheese, scrunched taco chips, salad dressing. Serve immediately.

## **TACO SALAD**

*Sharon Kupchyk*

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| <b>1 to 1.5 lb ground beef</b>        | <b>1/2 cup grated green onions</b>   |
| <b>1 can red kidney beans</b>         | <b>1 to 2 heads shredded lettuce</b> |
| <b>1 pkg taco seasoning</b>           | <b>Green peppers</b>                 |
| <b>1 small bottle French dressing</b> | <b>Black olives</b>                  |
| <b>Fixings:</b>                       | <b>1 pkg crushed zesty</b>           |
| <b>2 to 3 diced tomatoes</b>          | <b>cheese-flavoured tacos</b>        |
| <b>1/4 to 1/2 lb cheddar cheese</b>   |                                      |

Brown ground beef. Drain fat. Add kidney beans, taco seasoning and French dressing. Let cool. Place shredded lettuce on dinner plate. Cover with crushed cheese-flavoured taco chips. Top with cold meat mixture, then top with choice of tomatoes, onions, black olives, green and/or red peppers.

## **WHEAT SALAD**

*Myrna Switzer*

- |                                   |  |
|-----------------------------------|--|
| <b>3/4 cup wheat (from health</b> | <b>1/2 cup coconut</b>                 |
| <b>food store)</b>                | <b>14 oz can crushed pineapple,</b>    |
| <b>8 oz cream cheese</b>          | <b>with juice</b>                      |
| <b>1 large Cool Whip</b>          | <b>1 large instant vanilla pudding</b> |

Soak wheat in water overnight. Drain. Put wheat in a pot and cover at least 3/4 inch over top with water. Bring to a boil. Simmer for 2 1/2 to 3 hours. Drain and cool. Beat cream cheese well. Add Cool Whip and blend well. Add coconut, pineapple plus juice and pudding. Blend well. Add chilled wheat. Refrigerate.

## POLYNESIAN SALAD

*Shirley Gordon*

- 1 1/2 cups uncooked Minute Rice
- 1 1/2 cups diced celery (fine)
- 1/2 cup chopped green onion (fine)
- 1/2 cup chopped pepper (fine)
- 10 oz pkg green peas (frozen)
- 2 (4 1/2 oz) cans shrimp (drained)
- 1 can Chun King Chinese noodles

- Dressing:**
- 1/2 cup salad oil
  - 3 Tbsp vinegar
  - 1/2 tsp sugar
  - 1 tsp salt
  - 1/2 tsp Accent
  - 2 to 3 tsp curry powder
  - 1/2 tsp celery salt
  - 2 Tbsp soya sauce

Prepare rice as directed. Add frozen peas (cooked rice will steam these). Chop vegetables. Mix vegetables with rice, along with shrimp. Prepare dressing and pour over ingredients. Mix. Keep in fridge until serving time. Just before serving, add noodles. Toss lightly.

## CONFETTI COUSCOUS

*Carolyn Pepper*

- 1 tsp salt
- 1/2 tsp ground cumin
- 1 cup uncooked couscous
- 15 oz can black beans, rinsed and drained
- 1 cup canned corn or 1 cup frozen, thawed
- 1/2 cup diced red onion
- 1/2 cup diced red pepper

- 1/2 cup diced yellow pepper
- 1/4 cup finely chopped fresh cilantro
- 1 small jalapeno pepper, seeded and diced
- 2 Tbsp olive oil
- 3 to 4 Tbsp fresh lime juice (2 limes)

In saucepan, combine salt, cumin and 1 1/2 cups water. Bring to boil over high heat. Add couscous, stir and return to boil. Reduce heat and simmer 2 minutes. Remove from heat and fluff with fork. Let stand 5 minutes. Fluff again. Add beans, corn, onion, bell peppers, cilantro and jalapeno. Stir in oil and enough lime juice to give salad a puckery edge. Serve warm or at room temperature.

*Be slow in choosing a friend, slower in changing.*

## ALMOND SHRIMP SALAD

*Sharon Kupchyk*

1 cup cooked peas  
2 cups uncooked rice, cooked  
1 can shrimp  
1/4 cup green onion  
1 cup chopped celery  
Dressing:  
3/4 cup soya sauce

1/2 cup oil  
3 Tbsp vinegar  
1 Tbsp curry powder  
1 Tbsp sugar  
2 tsp salt  
2 tsp celery salt

Mix together. Add dressing. Just before serving, add roasted slivered almonds and Chinese (chow mein) noodles.

## BOW TIE PASTA SALAD

*Vicki Renner*

2 cups cooked pasta  
2 diced tomatoes  
1 sliced green onion  
1/4 cup diced cucumber  
1/4 diced green pepper  
Dressing:  
2/3 cup white sugar

1/2 cup oil  
1/3 cup ketchup  
1/4 cup white vinegar  
1 tsp paprika  
1 tsp salt  
1/4 tsp pepper

Dressing: Never double.

Mix tomatoes, green onion, cucumber and green pepper with cooked pasta. Set aside. Mix ingredients for dressing, pour over pasta mixture, stir and serve.

## SHELL SALAD

*Mel Dahl*

3 cups uncooked macaroni  
1 can red kidney beans, with  
juice  
1 green pepper, chopped  
6 green onions, chopped  
1 cup chopped celery  
Sauce:  
1/2 cup oil

1/4 cup water  
3 Tbsp ketchup  
1/4 cup sugar  
1 tsp salt  
1/2 tsp pepper  
2 Tbsp Worcestershire sauce  
1/4 cup vinegar  
1 can tomato soup

Mix sauce and pour over the above.

## ACINI DE PEPI SALAD

*Darlene Bailey*

2 cups acini de pepi  
3 qt boiling water  
1 Tbsp cooking oil  
2 tsp salt  
2 cans orange sections  
12 oz can crushed pineapple  
20 oz can pineapple chunks  
2 beaten eggs

1 cup white sugar  
2 Tbsp (heaping) flour  
1/2 tsp salt  
1 3/4 cups pineapple juice  
1 1/2 Tbsp lemon juice  
2 cups miniature marshmallows  
1 tub Cool Whip

Boil water, cooking oil and 2 teaspoons salt. Add acini de pepi. Cook 12 minutes. Drain, rinse in cold water, drain and cool. Drain fruit. Save juice. Mix sugar, flour and 1/2 teaspoon salt. Add to pineapple juice, beaten eggs and lemon juice. Cook over medium heat, stirring until thickened. Cool. Add drained fruit to cooled acini de pepi. Combine with cooled cooked mixture. Cover and refrigerate for 12 to 24 hours. Just before serving, add Cool Whip and marshmallows.

Acini de pepi is a tiny pebble-like pasta made of durum semolina.

## ROTINI PASTA SALAD

*Kathleen Posehn*

1/4 English cucumber  
1 yellow or red pepper  
5 to 6 baby carrots, sliced  
1 stalk celery

1/8 lb cubed medium cheddar  
cheese  
1 1/2 cups uncooked rotini  
noodles  
Peppercorn ranch dressing

Cook pasta, rinse, drain and cool. Add cubed vegetables and cheese. Add dressing, toss and serve.

## SEAFOOD PASTA SALAD

*Wendy Hollinger*

5 cups small pasta shells,  
cooked  
2 cups (3 cans) cooked,  
canned shrimp  
1 1/2 cups Edam or Gouda  
cheese  
1/3 cup diced dill pickles  
1 cup cooked peas

1/2 cup finely chopped green  
onion  
1 1/4 cups mayonnaise  
1/4 cup French dressing  
1 tsp dill weed  
1 tsp lemon juice  
Salt  
Pepper

Mix first 6 ingredients together. Mix all the rest. Fold in.

## COLESLAW DRESSING

*Tannis Desjardins*

2 cups white sugar  
1 Tbsp dry mustard  
1 Tbsp heaping cornstarch

4 beaten eggs  
1 cup white vinegar  
1 cup water

Mix dry ingredients well in double-boiler or heavy saucepan. Add remaining ingredients, cook until thick, then add 1/2 cup butter or margarine. Stir well. Makes 1 quart. Keep refrigerated. When serving, mix 1/2 coleslaw dressing with 1/2 mayonnaise or Miracle Whip.

## TOFU MAYONNAISE

*Jennifer Yee*

250 g Silken tofu (3% fat)  
1 tsp Dijon mustard  
2 tsp red or white vinegar

1 tsp balsamic vinegar  
1/2 tsp Worcestershire sauce

Pulse ingredients in a food processor until smooth. Store chilled. Tofu mayonnaise keeps well for 5 days. It makes 1 1/2 cups. One tablespoon contains 0.4 g fat and 0 g saturated.

## MARINATED ONION RINGS

*Lucy Jones*

1 large Spanish onion, sliced in  
thin rings  
Cold water, to cover  
1 cup granulated sugar

1 cup vinegar  
1 cup cold water  
1 Tbsp salad oil

Slice peeled onion into almost the thinnest slices you can. Separate into rings and place in bowl. Cover with lots of water. Let stand for 1 hour.

In small saucepan, mix sugar, vinegar, water and oil. Heat and stir until sugar dissolves. Drain onion. Pour sugar-vinegar mixture over onion. Let stand in refrigerator, covered, for at least 1 day before serving. Serves 8 to 10.

*What sunshine is to flowers, smiles are to humanity.*

## MARINATED ONIONS

*Lorna Bennett*

### For 1 Quart:

1 cup vinegar  
1 cup water  
3 tsp sugar  
1 tsp salt  
1 Tbsp oil

### For 1 Gallon:

4 cups vinegar  
4 cups water  
1/2 cup sugar  
3 tsp salt  
5 Tbsp oil

Boil and pour over onions that have been sliced into the jars. Great on hamburgers or hot dogs!

## CORN CHOWDER

*Darlene Bailey*

3 cups diced potatoes  
1 cup chopped celery  
1 cup grated carrots  
1 cup chopped onion  
2 cups water  
6 slices bacon, diced and fried  
1/4 cup flour

2 1/4 cups milk  
13 1/2 oz light cream  
14 oz cream style corn  
1 tsp salt  
1/2 tsp pepper  
Pinch cayenne pepper  
(optional)

**Note:** Instead of the bacon, I use chopped cooked ham.

Cover and cook potatoes, celery, carrots and onion in water in large saucepan until tender. Do not drain! Fry bacon in frying pan. Mix flour in with bacon, stir in both milks till mixture boils and thickens. Add to potato mixture. Add corn, salt, pepper and cayenne pepper, stir and heat through. Makes 10 cups.

## CORN CHOWDER

*Garrett Yee*

2 bacon slices, diced  
1/4 cup (60 mL) chopped onion  
1/4 cup chopped green or red pepper  
1 Tbsp all-purpose flour

1 cup (250 mL) milk  
14 oz can cream style corn  
1 tsp parsley flakes  
Dash hot pepper sauce  
Sprinkle pepper

Fry bacon in sauce pan on medium until crisp. Do not drain. Add onion and green pepper. Sauté for 2 minutes until soft. Sprinkle flour over vegetables; stir well. Slowly add milk and corn, stirring constantly, until mixture comes to a simmer. Remove sauce pan to hot pad. Add remaining 3 ingredients. Stir. Makes 3 cups.

## BEEF BARLEY SOUP WITH JAPANESE NOODLES

*Kathleen Posehn*

1 pkg soup bones (4 large)  
1 lb pkg meaty short ribs  
1 Tbsp vinegar  
3 large whole allspice corns  
6 large stalks celery (2 1/2 cups)  
1 medium onion (1 cup)

Water  
3/4 cup pot barley  
3 pkg Japanese style soup mix  
1 Tbsp beef soup base  
Salt  
Pepper  
3 to 4 green onions

To a large soup kettle, add 4 quarts water, soup bones, short ribs or 1 pound stewing meat, vinegar, 6 small or 3 large allspice, chopped celery, chopped onion. Bring to a boil. Reduce heat and simmer 2 hours. Remove scum from top. Remove allspice, bones and meat. Dice meat into smaller pieces and return meat to pot. Add pot or pearl barley, 3 packages of seasonings from (beef or original) Japanese style soup mixes. Add 1 heaping tablespoon beef soup base. Salt and pepper to taste. Simmer another 20 minutes. Break Japanese noodles from soup mixes and add to the broth. Cook 3 minutes until soft. Do this just before serving. Serve chopped green onions on the side.

Can make broth day before (refrigerate) and remove fat from the top the next day.

## BORSCH

*Mavis Boehmer*

2 medium smoked pork hocks  
or smoked picnic shoulder  
4 large onions, diced  
4 stalks celery  
6 large beets, peeled and diced  
4 medium potatoes  
6 medium carrots

4 cups cabbage, shredded  
1 qt stewed tomatoes  
Any other vegetables, as  
desired  
3 tsp dill weed or fresh dill  
Salt and pepper, to taste

In large pot, combine pork hocks with onions and celery. Boil well approximately 3 hours. Remove pork hocks. Add remaining ingredients. Simmer and stir occasionally 4 hours. May add sour cream when you serve.

*The only constant in the world is change.*

## CREAM OF POTATO SOUP

*Louise Krug*

3 cups chopped potatoes  
1 or 2 cups water  
1/2 cup chopped celery  
1/2 cup chopped carrots  
1/4 cup chopped onions  
1 tsp parsley flakes

1 cube chicken bouillon  
1/2 tsp salt  
1 1/2 cups cream milk  
2 tsp flour  
1/2 lb Velveeta cheese  
Dash pepper

In a large sauce pan, combine potatoes, water, celery, carrots, onion, parsley flakes, bouillon cube and seasoning. Mix well. Cover and simmer 10 to 15 minutes until tender. (Be careful not to burn.) Gradually add milk to flour. Mix well until blended. Add milk to vegetables and cook until thickened. Add Velveeta cheese and cook until melted. Makes 6 to 8 servings.

## HAMBURGER SOUP

*Rita Craig*

*Broadway United Sunday School*

1 1/2 to 2 lb ground beef  
1 medium onion, chopped fine  
28 oz can diced tomatoes  
2 cups water  
3 (10 oz) cans consommé  
1 can tomato soup  
4 carrots, chopped fine

1 bay leaf  
3 sticks celery, chopped fine  
1 tsp parsley  
1/2 tsp thyme  
Salt and pepper, to taste  
1/2 cup barley  
1/2 cup frozen peas (optional)

Brown meat and onion. Drain well. Add all other ingredients and bring to boil, turn to medium/low heat and simmer until barley is cooked. Microwaving barley in water on high for 1 or 2 minutes will soften barley more quickly for the soup. Serve with fresh baked bread and a scoop of sour cream.

## EASY HOLLANDAISE

*Michelle Yee*

1 can cream of chicken soup  
3 egg yolks  
2 Tbsp lemon juice

1/8 tsp dry mustard  
Dash pepper  
1/2 cup melted butter

In covered blender, blend soup, egg yolk, lemon juice, dry mustard and pepper until smooth. With blender running, gradually add butter in a steady stream. Blend 3 minutes. Pour into sauce pan. Heat over low heat, stirring often. Do not boil. Can be microwaved in a 1 quart casserole dish, uncovered, on High 2 minutes or until hot. Stir twice. Makes 2 cups. A great topping for vegetables, eggs or fish.

## **SWEET AND SOUR SAUCE**

*Leanne Johnston*

1 1/4 cups brown sugar,  
packed  
2 Tbsp flour  
1/2 cup vinegar

1/2 cup water  
2 Tbsp soy sauce  
1 Tbsp ketchup

In saucepan, measure brown sugar and flour. Stir well. Add remaining ingredients. Bring to a boil, stirring over medium heat until thickened.

## **SWEET & SOUR SAUCE**

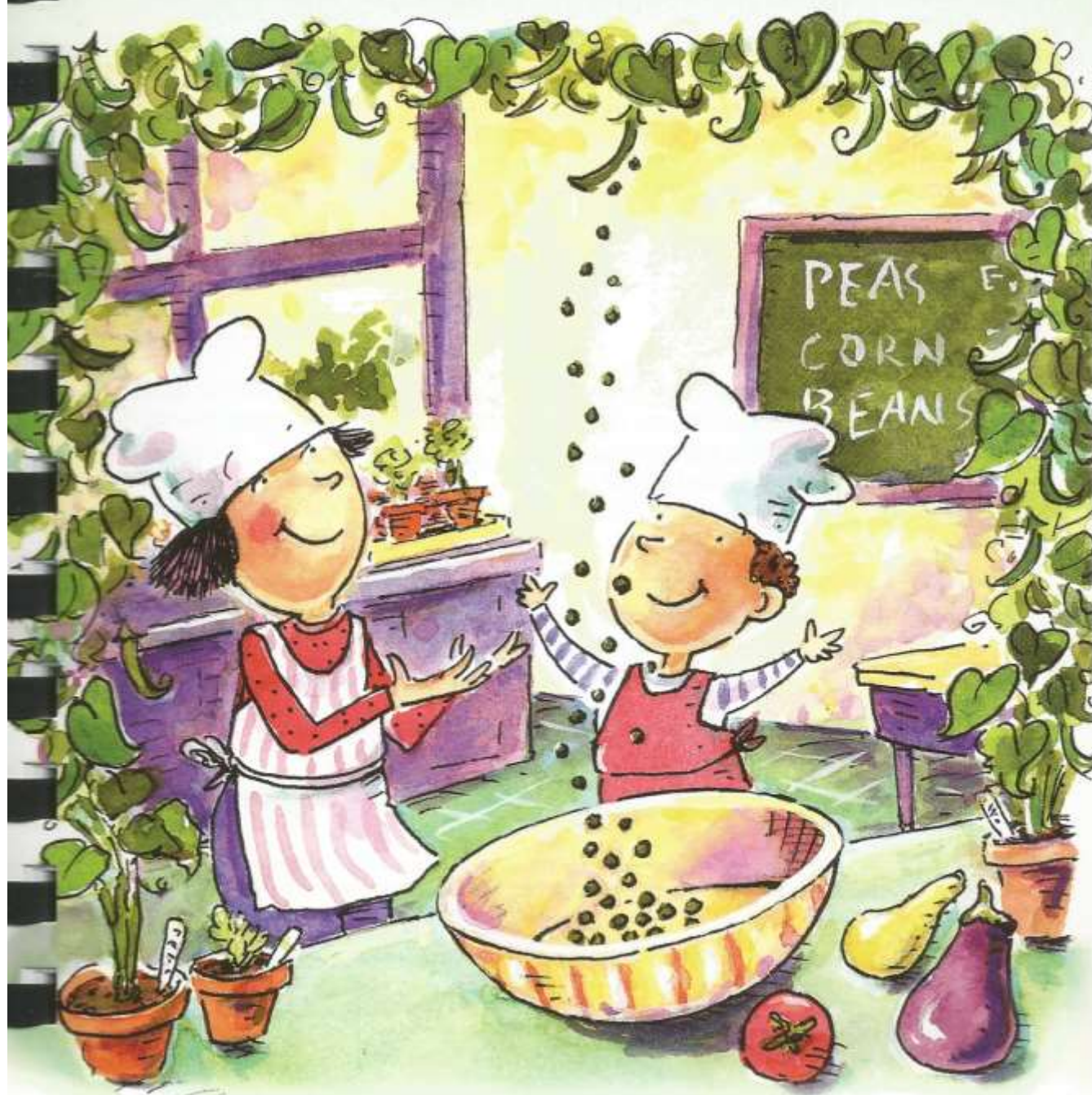
*Janelle Boehmer*

1 cup sugar (1/2 white and 1/2  
brown)  
1/2 cup ketchup  
1/4 cup vinegar

1/2 cup water  
1/3 cup soya sauce  
3 tsp cornstarch

Mix together. Cook on stove on medium heat until thick. Stir frequently. Great on meatballs or ribs.

# Vegetables & Side Dishes



## VEGETABLE COOKING TIMETABLE

	Boil	Steam	Pressure Cook (15 pounds pressure)	Bake (350°F.)
Asparagus, tied in bundles	15-20	30-40	9	
Beans, wax or green	15-25	30-35	2-2.5	
Beets, whole	25-45		15-18	90
Beet greens (tops)	5-15			
Broccoli, stalks	10-15	15-20	1½-3	
Brussels sprouts	10-20	15-20	1-2	
Cabbage, green				
wedges	8-15	10-15	2-3	
shredded	4-8	8-12	½-1½	
Cabbage, red				
shredded	20-25	25-30	3-4	
Carrots, sliced	15-20	20-30	2-3	35-45
Cauliflower,				
whole	15-25	25-30	3-4	
flowerettes	10-15	10-20	1½-3	
Celery, diced	15-20	25-30	2-3	
Corn on the cob	8-10	10-15	½-1½	
Eggplant, sliced	10-20	15-20		30
Onions, small, whole	15-30	25-30	3-4	
Parsnips, quartered	20-30	30-45	10	
Peas	15-20	15-25	1	
Potatoes, whole	30-35	30-45	15	40-60
quartered	20-30	30-35	8	
Squash Hubbard, sliced	35-45	45-50	12-15	60-90
Squash, Summer, sliced	8-15	15-20	1½-3	30
Spinach	4-8	5-12		
Turnips, sliced	15-20	20-25	1½	

(All cooking times are in minutes)

**Boiling:** Add vegetables to boiling, salted water using as little water as possible. Cover saucepan. Bring water to a boil again and then reduce heat to a gentle boil. Cook until just tender. Drain; season to taste.

**Steaming:** Place vegetables in steamer basket just over, not touching, rapidly boiling water. Sprinkle with salt, cover, and cook until just tender. Drain; season to taste.

**Pressure Cooking:** A quick way to cook vegetables; helps retain color, flavor and nutrients. Follow manufacturer's instructions carefully.

**Baking:** Place prepared vegetables in a greased baking dish with a small amount of water; season, dot with butter, cover and bake. Potatoes and squash are best baked dry in their skin. Baking helps retain color, flavor and nutrients. Vegetables can often be baked in the oven alongside another part of the meal.

**Note:** Whatever the method of preparation be careful to avoid overcooking. Always cook vegetables until just tender so as to retain color, maximum flavor and nutritional value.

## VEGETABLES & SIDE DISHES

### GREEN BEAN CASSEROLE

*Marge Wilson*

2 tins green beans and 1 tin  
seasoned french cut beans,  
drained  
1 cup partly cooked celery

1 can undiluted mushroom  
soup  
Frozen onion rings (optional)

Put in greased covered casserole. After heating beans, add onions.  
Brown 15 minutes.

### BAKED BEANS

*Gladys Davis*

1/2 lb bacon  
1 large onion  
14 oz can lima beans  
14 oz can kidney beans

2 cans (14 oz) pork and beans  
1/4 cup vinegar  
3/4 cup brown sugar  
1 cup ketchup

Fry bacon and onion in frying pan. Put into slow cooker along with all other ingredients and cook on low for 2 hours, then on high for 15 to 20 minutes.

### BEAN HOT DISH

*Sharon Bloor*

1 large onion  
1/8 green pepper  
1 lb bacon  
1 can kidney beans  
1 can lima beans  
1 can french style beans

2 cans pork and beans  
1 can mushrooms (optional)  
1 cup brown sugar  
1/2 large bottle or 1 small bottle  
chili sauce

Fry onion, green pepper and bacon separately in frying pan. In roaster, put all the beans and mushrooms (if used). Then mix in bacon, pepper and onion. In small bowl, mix together brown sugar and chili sauce. Pour over bean mixture and mix in. Bake in 350°F oven for 1 hour, or until well heated.

*You may delay but time will not.*

## **BROCCOLI AND RICE CASSEROLE**

*Kyle Desjardins*

1/2 cup margarine  
2 cups Minute Rice  
1 1/2 cups water  
1 large head broccoli  
1 cup onions

1 cup celery  
2 cans mushroom soup  
1 can mushrooms, with juice  
1 cup Cheez Whiz

Heat all liquids in microwave. Combine remaining ingredients in a microwave safe dish. Add liquids and cook in microwave on high for approximately 30 minutes. Check throughout.

## **BRUSSELS SPROUTS AND RICE**

*Myrna Switzer*

10 oz pkg frozen Brussels  
sprouts  
1/4 cup water  
1 Tbsp margarine  
2 Tbsp flour  
1 cup milk or slightly more  
1/4 tsp salt

1/8 tsp pepper  
Cooking spray  
1 cup cooked long grain rice  
1 oz ham, cut in thin strips  
1/4 cup bread crumbs  
2 Tbsp Parmesan cheese

Heat oven to 375°F. Cook rice. Combine sprouts and water. Bring to a boil. Cover. Simmer 5 minutes. Uncover. Cook 1 minute more then drain. In saucepan, make white sauce. Melt margarine, add flour and stir until combined. Add milk gradually, stirring constantly. Cook until thick and bubbly. Add salt and pepper. Spray round baking dish. Pat rice into bottom. Arrange sprouts on top (stems down). Put ham on top. Pour sauce over top of it. Combine bread crumbs and cheese. Place on top. Bake for 20 minutes or until brown.

## **CELERY CASSEROLE**

*Patricia Gorius*

3 cups chopped celery  
1/2 cup cashews, chopped  
1/2 cup melted butter

3/4 cup cheese Ritz crumbs  
1 can mushroom soup

Boil celery 3 minutes; drain. Add soup and nuts. Melt butter and mix with cracker crumbs and put on top of casserole. Bake at 350°F for 25 minutes.

## **CURRIED CAULIFLOWER**

*Jean Scott*

4 cups cauliflower  
10 oz can cream of chicken  
soup  
1/4 cup mayonnaise  
1/2 cup cheddar cheese, grated

1/2 tsp curry powder  
2 Tbsp butter or margarine,  
melted  
1 cup bread crumbs

You can make this ahead and put in fridge or freeze it.

Put cauliflower in pot, cover with cold water and bring to a boil, then drain and put in a large casserole dish. Combine soup, mayonnaise, cheese, curry powder in a pot and heat a bit, then pour over cauliflower. Mix melted butter and bread crumbs together; sprinkle over all. Bake at 350°F for 30 minutes.

## **CAULIFLOWER WITH GINGER, GARLIC AND GREEN CHILIES (East Indian Recipe)**

*Helen Kaeser*

3 Tbsp vegetable oil  
1/2 tsp cumin seeds  
1/2 tsp yellow mustard seeds  
3 cloves garlic, peeled and  
finely chopped  
1 inch piece fresh ginger,  
peeled and cut into fine  
shreds

1 lb cauliflower florets  
1 to 3 fresh hot green chilies  
3/4 tsp salt  
Freshly ground black pepper  
1/2 tsp garam masala (East  
Indian spice)  
1/8 tsp chili powder, or to taste

Put oil in a wok or fry pan and set over (or at) highest heat. When hot, put in cumin and mustard seeds. As soon as mustard seeds begin to pop (this just takes a few seconds), put in garlic, ginger, cauliflower and green chilies, all at the same time. Stir and fry for about 5 to 7 minutes or until cauliflower has turned somewhat brown. Now put in salt, black pepper, garam masala and chili powder and give florets a good toss. Put in 4 tablespoons water and cover wok or pan immediately. Cook for 2 minutes and serve. Serves 3 to 4.

Do not cut florets too small or they might fall apart.

*If we never try, we never shall succeed.*

## CORN SCALLOPS

*Patricia Gorius*

- |                        |                                |
|------------------------|--------------------------------|
| 16 oz can kernel corn  | 1/2 tsp salt                   |
| 15 oz can cream corn   | Pepper                         |
| 2 eggs                 | 8 to 10 oz Swiss or mozzarella |
| 2/3 can condensed milk | cheese, diced                  |
| 4 Tbsp melted butter   | 2 cups crushed crackers        |
| 2 Tbsp grated onion    |                                |

Drain kernel corn. Save liquid. Beat eggs. Stir in corn and 1/4 cup of liquid. Add all ingredients. Mix well. Put in greased baking dish for 1 hour at 325°F. May be made ahead and reheated. Serves 10.

## MASHED POTATO CASSEROLE

*Patricia Gorius*

- |                       |                    |
|-----------------------|--------------------|
| 2 1/2 lb potatoes     | 1/2 tsp salt       |
| 1/2 cup sour cream    | 1 Tbsp butter      |
| 3 oz pkg cream cheese | Pinch white pepper |
| 1 tsp onion salt      |                    |

Cook potatoes in salted water until tender. Drain, then mash until smooth with hand masher or electric beater. Check for lumps. Add remaining ingredients; beat until fluffy. Cook slightly and place in large greased casserole. Dot with more butter, if desired, buttered crumbs. Cover and refrigerate. To serve, remove about 1 hour before dinner and bake uncovered at 350°F for 30 minutes or until heated. Serves 5 to 6. Enjoy!

## POTATO ROMANOFF

*Darlene Elchuk*

- |                               |                         |
|-------------------------------|-------------------------|
| 6 to 8 large potatoes         | 1 cup grated medium-old |
| 16 oz sour cream              | cheddar cheese          |
| 1 bunch green onions, chopped | 1 1/2 tsp salt          |
| (or less if desired)          | 1/4 tsp paprika         |

Peel potatoes. Cut up and cook till tender. Do not overcook. When cool, grate potatoes. Stir all other ingredients into potatoes. Put in 2 quart casserole (buttered). Top potato mixture with more cheese and paprika. Cover and chill several hours or overnight. Bake uncovered at 350°F for 45 minutes. Serves 6 to 8 people.

**P.S.** This is a great recipe to make when you are already using the oven for meat.

## SCALLOPED POTATOES

*Len Yee*

4 Tbsp butter or margarine  
4 Tbsp all purpose flour  
1 1/2 tsp salt  
1/8 tsp white pepper

2 cups milk  
6 medium potatoes  
1 large onion, chopped or  
sliced

In medium saucepan, melt butter. Stir in flour, salt and pepper. Add milk. Stir constantly until boiling. Remove from heat.

Peel potatoes. Slice thinly. Peel onion and chop or if you prefer, slice thinly and separate into rings. Layer 1/2 of the potatoes and onion in 2 quart casserole. Pour 1/2 the sauce over. Layer rest of potatoes and onion on top. Cover with rest of sauce. Bake in 350°F oven for 50 minutes. Uncover and bake 15 minutes or until potatoes are tender. Serves 6.

## CHEESE-SCALLOPED POTATOES AND CARROTS

*Rose Bruce*

2 cups water  
6 potatoes, thinly sliced  
2 medium onions, thinly sliced  
4 medium carrots, diagonally  
sliced  
3 Tbsp margarine  
2 Tbsp flour

1 tsp salt  
1/8 tsp pepper  
Dash cayenne  
1 1/2 cups milk  
1 1/2 cups grated cheddar  
cheese

Heat oven to 375°F. Bring water to a boil in large frying pan; add potatoes, onions and carrots. Cover and cook 10 minutes or until tender. Drain.

In medium saucepan, melt margarine; remove from heat. Stir in flour, salt, pepper and cayenne. Add milk, blending well. Bring to a boil, stirring until thickened and smooth. Stir in cheese; cook over low heat, stirring constantly, until cheese melts.

Layer 1/2 of the potatoes, onions and carrots in lightly greased 9x13 inch pan. Top with 1/2 the sauce. Repeat layers. Bake covered for 30 minutes or until tender. Remove cover during last 10 minutes. Great served with ham. Makes 6 to 8 servings.

## SCALLOPED CHEESE/MUSHROOM POTATOES

*Kathleen Posehn*

10 oz can cream of mushroom  
soup  
3/4 cup milk  
10 oz can mushrooms, pieces  
1 1/2 cups old cheddar cheese  
3/4 tsp salt

1/8 tsp pepper  
4 cups (4 medium) potatoes  
1 medium onion  
Butter  
Paprika

Preheat oven to 375°F. Premix cheese sauce: soup, milk, drained mushrooms, shredded cheese, salt and pepper. In a buttered 3 quart casserole dish, arrange alternate layers of thinly sliced potatoes and onion with cheese sauce. Top with dots of butter and sprinkle heavily with paprika. Cover and bake 1 1/4 hours. (Doubled, bake 2 1/2 hours.)

## CREAMED GARDEN PEAS/CARROTS/POTATOES

*Kathleen Posehn*

1 cup tiny new potatoes  
2/3 cup tiny new carrots  
2 cups new garden fresh peas  
4 Tbsp flour

4 Tbsp butter  
2 cups whole milk  
1 tsp salt  
1/8 tsp white pepper

Preferably use vegetables fresh from the garden. Cook carrots and potatoes in salted water until tender crisp (do not overcook). Add peas. Reheat to boiling. Drain.

**Cream Sauce:** In saucepan, melt butter. Add flour. Cook slightly. Add milk gradually, stirring constantly. Stir until smooth and cook until thickened. If too thick, add a little more milk. Reheat. Gently add vegetables and serve.

## VEGETABLE AND CHEESE SOUFFLE

*Margaret Tetlock*

Potatoes  
Carrots

Onions

Use enough potatoes, carrots and onions for 2 to 4 people. Peel and mash potatoes. Peel, cook and mash carrots. Peel and boil onions (quartered). Grease a casserole dish. Layer vegetables beginning with potatoes and ending with potatoes, then grate cheese on top. Beat 2 or 3 eggs with approximately 1/4 cup milk. Pour over all and bake till cheese melts and egg mixture is cooked, 20 minutes to 1/2 hour. The egg and cheese rise up so leave room in casserole.

## VEGETABLE MEDLEY

*Leona Dent*

1 small bag baby carrots  
8 small onions or 4 quartered  
1/2 lb broccoli  
1 head cauliflower

3 cans mushroom soup  
1 cup Cheez Whiz  
1 Tbsp margarine

Wash and cut vegetables into bite size pieces. Boil 3 minutes. Drain well. Place in 9x13 inch baking dish. Combine soup, cheese and margarine. Heat to blend together. Pour over vegetables. Bake at 350°F for 45 minutes.

Great for larger gatherings, such as Thanksgiving or Christmas.

## OVEN-ROASTED WINTER VEGETABLES

*Helen Kaeser*

3 medium carrots  
2 medium parsnips  
1/2 lb turnip (about 1/4 medium turnip)  
Vegetable oil  
1 medium red onion, cut in wedges

2 cloves garlic, cut in slivers  
1/4 cup chicken stock  
2 Tbsp melted butter  
1/2 tsp each salt and pepper  
1 Tbsp chopped fresh parsley

Preheat oven to 350°F. Peel carrots, parsnips and turnip; cut into 2x1/2 inch strips. In lightly oiled 13x9 inch baking dish, combine carrots, parsnips, turnips, onion and garlic. In small bowl, combine chicken stock and butter; drizzle over vegetables. Sprinkle with salt and pepper. Cover dish with foil; bake for 30 minutes. Remove foil. Bake 25 to 30 minutes, stirring occasionally, until vegetables are tender and light golden. Sprinkle with parsley before serving. Goes well with stews and roasts. Serves 6.

## SQUASH CASSEROLE

*Margaret Tetlock*

3 cups cubed Hubbard squash  
1 cup chopped celery

1 green pepper, chopped  
1 can cream of chicken soup

In buttered casserole, arrange vegetables and dot with butter. Spread on soup. Sprinkle with crushed corn flakes and bake at 350°F for 1 hour.

## IMPOSSIBLE VEGETABLE PIE

*Marg Teasdale*

- |                                 |                             |
|---------------------------------|-----------------------------|
| 2 cups chopped zucchini         | 1 1/2 cups milk             |
| 1 cup chopped tomato or 1/2 can | 3/4 cup Bisquick baking mix |
| 1/2 cup chopped onion           | 3 eggs                      |
| 1/3 cup grated Parmesan cheese  | 1/2 tsp salt                |
|                                 | 1/4 tsp pepper              |

Mix zucchini, tomato, onion and cheese and put in greased 8x8 inch pan or 10 inch by 1 1/2 inch deep pie plate. Beat remaining ingredients till smooth. Pour on top. Bake in preheated oven at 375°F until knife inserted in centre comes out clean, about 30 to 40 minutes. Cool 5 minutes. Serves 6.

## TURNIP PUFF

*Lorena Robinson*

- |                             |                        |
|-----------------------------|------------------------|
| 3 cups cooked mashed turnip | 1/2 tsp baking powder  |
| 2 Tbsp butter or margarine  | 1/2 tsp salt           |
| 2 beaten eggs               | Pinch pepper           |
| 3 Tbsp flour                | 1 1/2 cups breadcrumbs |
| 1 Tbsp brown sugar          |                        |

Melt 1/3 cup butter or margarine and mix with breadcrumbs to make mixture to sprinkle on top. Mix all together, except crumb mixture and pour into a greased casserole. Sprinkle crumbs on top. Bake at 375°F for 25 to 35 minutes.

## TURNIP PUFF CASSEROLE

*Mel Dahl*

- |                      |                             |
|----------------------|-----------------------------|
| 6 cups cubed turnips | 1 tsp baking powder         |
| 2 Tbsp butter        | 1 tsp salt                  |
| 2 eggs, beaten       | Pinch nutmeg                |
| 3 Tbsp flour         | 1/2 cup bread crumbs (fine) |
| 2 Tbsp brown sugar   | 2 Tbsp melted butter        |

Cook turnip until tender. Drain and mash. Add butter and egg. Beat well. Combine flour, sugar and other ingredients except bread crumbs and butter. Add to turnip mixture. Pour into buttered casserole dish. Combine bread crumbs and butter. Sprinkle on top. Bake at 375°F for 25 minutes or until light brown and puffy. Serves 8.

## YAMS

*Lorraine Thompson*

### **Yams:**

2 cups mashed cooked yams  
2 Tbsp cream or milk  
2 Tbsp melted butter  
1 tsp salt

1/4 tsp paprika

### **Topping:**

1/2 cup packed brown sugar  
1/2 cup butter  
1 cup pecan halves

**N.B.** This recipe may be made ahead, frozen and heated when needed.

Peel and cook yams. Mash. For each 2 cups mashed yams, add 2 tablespoons cream or milk, 2 tablespoons melted butter, 1 teaspoon salt and 1/4 teaspoon paprika and mix. Put in a greased casserole. Make as many 2 cup recipes as you need for your casserole.

**Topping:** Heat brown sugar and butter over a low heat. Stir until butter is melted. Spread over yams and put on pecans. Put in oven until bubbly hot. Not necessary to double topping if you increase yam portion.

## ZUCCHINI CHEESE PIE

*Darlene Bailey*

4 eggs

1 Tbsp parsley

Salt and pepper, to taste

1/2 cup grated cheddar cheese

3 cups grated zucchini

1 cup biscuit mix (Teabisk or Bisquick)

1/4 cup cooking oil

Beat together eggs, parsley, salt and pepper. Mix together grated cheese, grated zucchini, biscuit mix and cooking oil. Add to egg mixture. Pour into 9 inch pie plate or quiche pan. Bake at 375°F for 40 minutes. (An addition of chopped cooked ham and green onion makes a nice change.)

## ZUCCHINI CASSEROLE

*Patricia Gorius*

1 lb zucchini, cubed and steamed 5 minutes

2 eggs

1 tsp baking powder

1/4 cup milk

1 1/2 Tbsp flour

1 tsp salt

1/2 lb Monterey Jack cheese, shredded (or mozzarella)

2 Tbsp parsley, chopped

Butter baking dish and sprinkle with bread crumbs. Mix above together and spread in baking dish. Cover with additional bread crumbs, buttered. Bake at 350°F for 35 to 40 minutes.

## PEROGIE DOUGH & FILLING

*Loretta Dutka*

### **Dough:**

4 cups warm water  
1 cup cooking oil  
1 egg, beaten  
1 1/2 Tbsp salt  
10 to 12 cups flour

### **Filling:**

5 lb potatoes  
1/2 cup margarine  
1 large onion, chopped  
6 to 8 oz cheddar cheese  
Salt, to taste  
White pepper, to taste

Mix water, oil, beaten egg and salt together. Add flour. Mix until you have a firm but still soft dough. If only making a 1/2 batch, to get 1/2 egg, beat up 1 large egg and take out 2 tablespoons and what's left is also 2 tablespoons. Roll dough out thin and cut into circles. Place filling in middle of circles and fold in half. Seal edges with a fork or pinch together. To cook, drop into large pot of boiling water. Perogies are done when they float to top.

**Filling:** Cook potatoes. Mash with margarine and fried onion and cheese, salt and pepper. I grate cheese on top of potatoes and cover with lid from pot for about 5 minutes until cheese is melted and it's easier to mash in.

## PEROGIE DOUGH #2

*Loretta Dutka*

5 cups flour  
1 cup boiling water  
1 cup milk (cold)

1/2 cup oil  
1 Tbsp salt

Combine dry ingredients. Combine milk, water and oil, add to flour and mix well. This dough is sticky but don't add any more flour, use lots of flour for rolling. Very good and very soft!

## PERFECT PEROGY CASSEROLE

*Marguerite Kelbach*

16 to 20 perogies  
1 onion  
1/4 cup milk  
1 Tbsp butter or margarine

1/2 cup cooked ham, diced  
1/4 cup cheddar cheese,  
shredded  
10 oz can mushroom soup

In a small skillet, melt butter or margarine and saute onion for 5 minutes. In a medium size casserole dish, combine frozen perogies, onion and ham. Combine milk and mushroom soup. Pour over casserole. Top with cheddar cheese. Bake 35 minutes at 350°F or microwave until heated through. Makes 4 to 6 servings.

## SCHMARTZIES

*Lorna Gullickson*

2 lb frozen hash browns  
500 mL sour cream  
2 tins cream of mushroom  
soup

1/4 cup melted butter  
Grated onion  
2 cups grated cheddar cheese  
Parmesan cheese

Thaw potatoes slightly. Mix first 6 ingredients together in a 9x13 inch baking dish. Sprinkle Parmesan cheese on top. Bake 1 to 1 1/2 hours at 350°F.

## TASTY CURRIED COUSCOUS

*Patricia Gorius*

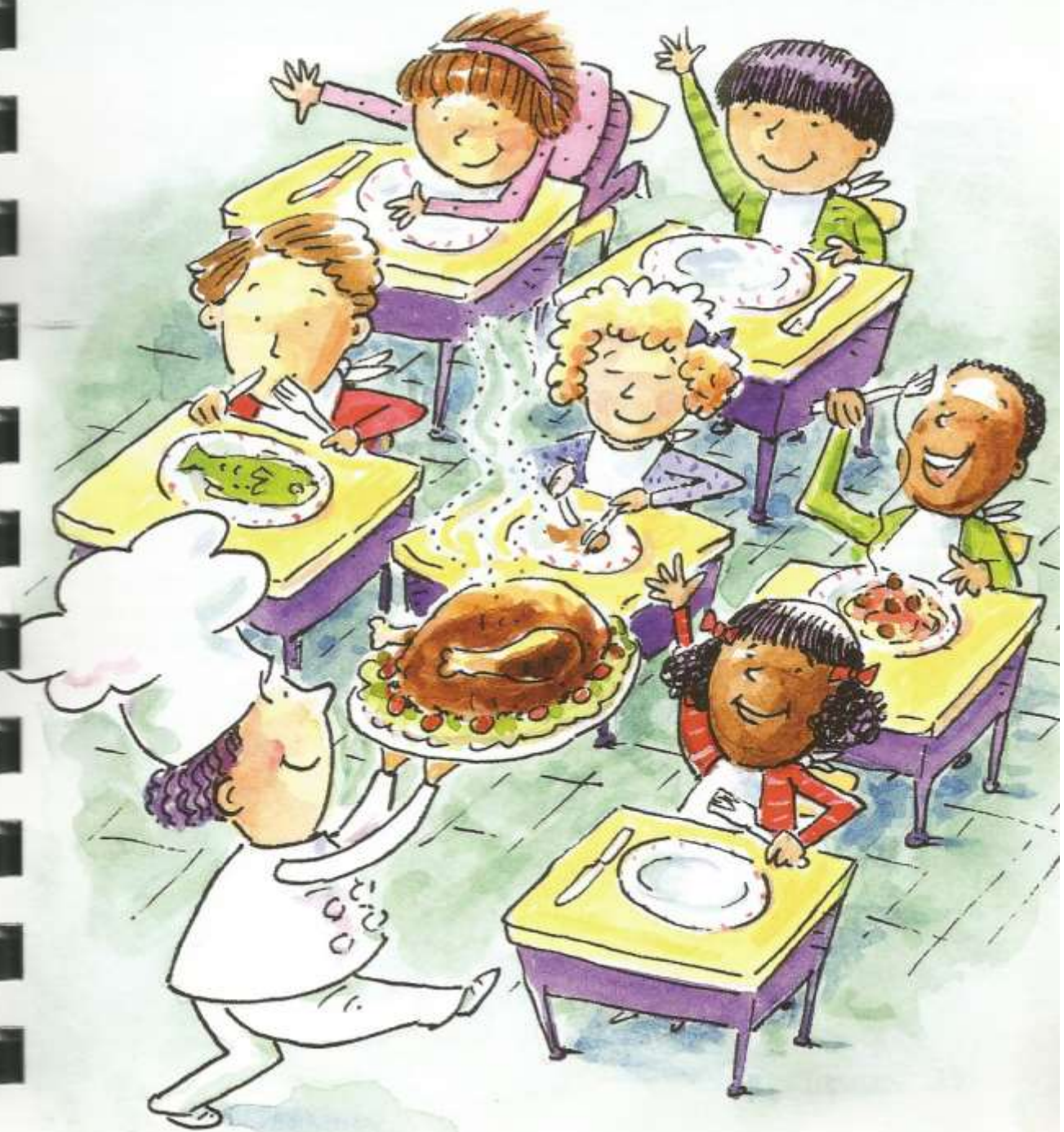
1 1/2 cups couscous  
1 Tbsp butter  
2 cups boiling water  
Peas  
Onions  
Celery

Almonds  
Mushrooms  
Raisins  
3 Tbsp oil  
1 Tbsp curry powder  
1 tsp brown sugar

Fry couscous until lightly browned, in butter, if you wish. Alternatively, just add boiling water to couscous and let stand at least 5 minutes, covered. Cut up mushrooms and celery and fry with onion in oil. Moisten raisins and combine with couscous, vegetables, curry powder, brown sugar and almonds.

## EXTRA RECIPES

# Main Dishes



## TIMETABLE FOR ROASTING MEAT AND POULTRY AT 325 °F

— Roast uncovered with no liquid added.

— Times are approximate; for accurate results use a meat thermometer.

	Ready to Cook Weight (lbs.)	Approximate Time Required to Roast (hours)	Internal Temperature (°Fahrenheit)
Beef roasts	4-6	2-2½ (rare) 2½-3½ (medium) 2¾-4 (well done)	140° 150° 170°
Veal roasts	3-5	2-3½ (well done)	180°
Lamb roasts	3-5	2-3 (medium) 2¼-3¼ (well done)	145° 170°
Pork loin roasts	4-6	2¼-3½ (well done) 3½-4 (well done)	180° 185°
Ham, cook before eating	5-7	2½-3½	170°
Ham, fully cooked	2-7	1½-2	130°
Chicken broilers or fryers, stuffed	1½-2½ 2½-4½	1-2* 2-3½	185°
Turkey roasters, stuffed	8-12 12-16 16-20 20-24	3½-4½* 4½-5½ 5½-6½ 6½-7	185°

\*Poultry without stuffing may take less time.

## COOKING GUIDE FOR EGG, MILK, MEAT AND CHEESE DISHES

	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Souffles	350° - 375°	30 - 60
Macaroni and Cheese	350° - 375°	25 - 45
Lasagne	350° - 375°	30 - 45
Meatloaf	350°	60 - 90
Meat Pie	400°	25 - 30
Casseroles	350° - 375°	25 - 40
Scalloped Potatoes	350°	50 - 60
Quiche	375° - 400°	35 - 45
Pizza	400° - 425°	20 - 30



## MAIN DISHES

### OMELET

*Garrett Yee*

1 egg  
1 Tbsp water  
Salt and pepper  
Cheese, grated

Ham, cubed  
Onion, chopped  
Peppers, chopped

Beat in a small bowl egg, water, salt and pepper. In small frying pan on medium to medium-high, heat a small amount (1/2 teaspoon) of margarine until it bubbles. Pour egg mixture into pan. Rotate pan to make omelet round. Cook slowly over medium heat. Use lid to cook top of mixture. When egg is set, add toppings. Fold and serve immediately.

### QUICK QUICHE

*Lorna Bennett*

1 cup Bisquick  
1 can flaked ham  
1/4 cup chopped green onions

1 cup grated cheddar cheese  
5 eggs  
1 2/3 cups milk

Preheat oven to 400°F. Grease a quiche pan well. In large bowl, beat eggs. Add milk. Beat again. Add Bisquick, ham, onions and cheese. Stir. Pour mixture into greased quiche pan. Bake approximately 40 minutes or till knife in centre comes out clean.

This can be cooked in microwave approximately 10 to 15 minutes.

### QUICHE LORRAINE

*H.E. Pearce*

9 inch pie shell  
3 slices bacon, chopped  
1 small onion, chopped

1/4 to 1/2 cup cheese, chopped  
4 eggs  
1/2 cup milk

Layer bacon, onion and cheese into pie shell, cheese on top. Pour on egg mix. Bake at 450°F for 10 minutes. Reduce heat to 350°F and bake 35 to 45 minutes or until knife blade comes out clean.

*Dig a well before you are thirsty.*

## WIFE SAVER CHEESE SOUFFLÉ

*Linda Pylypchuk*

16 slices white bread  
1 1/2 cups cheddar cheese  
(medium or old)  
8 eggs  
1 qt milk

1 tsp salt  
1 tsp pepper  
2 tsp dry mustard  
Dash Worcestershire sauce

Trim crust from bread. Line bottom of baking dish with 8 slices. Grate cheddar cheese. Sprinkle 1/2 of the cheese over bread slices. Lay remaining bread slices over cheese. Sprinkle remaining cheese on top. Beat eggs well. Add 1 quart milk. Add Worcestershire sauce, salt, pepper and dry mustard with a bit of milk. Beat into egg mixture. Pour over bread and cheese. Cover with foil. Refrigerate 6 to 8 hours or overnight. Bake at 300°F for 1 1/2 hours. Bake breakfast sausage in the oven at the same time. Serves 8 to 10.

## HEALTH MEAT LOAF

*Marg Teasdale*

1 1/2 lb hamburger  
2 1/2 tsp salt  
1/4 tsp pepper  
1 tsp dry mustard  
1/4 tsp garlic salt  
1/8 tsp nutmeg, marjoram,  
thyme

1/2 cup oatmeal  
1 cup milk  
1/2 cup grated carrot  
1/4 cup chopped onion and  
celery  
2 eggs, beaten

Put in casserole dish or loaf pan. Bake at 350°F for 40 minutes covered and 30 minutes uncovered.

## JUICY MEATLOAF

*Larry Desjardins*

1 1/2 lb ground beef  
2 eggs, beaten  
2 tsp salt  
1 cup tomato or V8 juice

3/4 cup uncooked oatmeal  
1/4 cup chopped onion  
1/4 tsp pepper

Combine all ingredients; mix well. Pack into loaf pan. Bake at 350°F for 1 hour.

## SICILIAN MEAT LOAF

*Loretta Dutka*

2 beaten eggs  
1/2 cup tomato juice or sauce  
1/2 tsp oregano  
1/4 tsp pepper  
2 lb hamburger  
6 oz (1 1/2 cups) shredded  
mozzarella cheese

3 slices mozzarella, sliced  
diagonally  
3/4 cup soft breadcrumbs  
2 tsp parsley  
1/4 tsp salt  
1 clove garlic, minced  
8 slices ham

Combine eggs, breadcrumbs, tomato juice (or sauce) parsley, oregano, salt, pepper, garlic. Stir in beef; mix well. On foil, pat meat to a 12x10 inch rectangle. Arrange ham slices on top of meat, leaving an edge. Sprinkle cheese over meat. Start from short end and roll up meat, lifting on foil. Seal edges and ends. Place roll seam side down in a 9x13 inch pan. Bake in oven at 350°F for 1 hour and 15 minutes. Place cheese slices over meat and return to oven till melted.

## SICILIAN MEAT ROLL

*Mel Dahl*

2 beaten eggs  
1/2 cup tomato juice  
3/4 cup soft bread crumbs  
2 Tbsp parsley  
1/2 tsp dried crushed oregano  
1/4 tsp salt

1/4 tsp pepper  
1 clove garlic, minced  
2 lb ground beef  
4 to 6 oz thinly sliced ham  
6 oz sliced or grated  
mozzarella cheese

In a bowl, combine eggs and tomato juice. Stir in bread crumbs, parsley, oregano, salt, pepper and garlic. Add ground beef. Mix well. On waxed paper or foil, pat meat to an 8x10 inch rectangle. Arrange ham slices atop meat, leaving a small margin around edges. Sprinkle cheese over ham. Starting from short end, carefully roll up meat, using paper to lift. Seal edges and ends. Place roll seam side down on 13x9x2 inch baking sheet. Bake at 350°F till done, about 1 1/4 hours (centre of roll will be pink due to ham).

*We see things not as they are, but as we are.*

## HAMBURGER CUPCAKES

*Lorena Robinson*

1 lb ground beef  
1/4 cup chopped onion  
Little salt and pepper  
1 can cream of mushroom  
soup

1 beaten egg  
1/2 cup crushed soda crackers  
(about 9)  
Bread

Combine all ingredients real well. Trim crusts off bread. Butter bread. Place slices butter side down in muffin tins; shape into tin. Fill to top with meat mixture. Bake at 350°F for 40 to 45 minutes. These freeze well and are good in lunches. I get about 1 1/2 dozen cupcakes with my tins, so it really depends on the size just how many you will make.

## CHILI CON CARNE

*Linda Pylypchuk*

1 lb ground beef  
1 large onion  
Dash salt  
Dash pepper  
1/2 cup catsup  
1 1/2 cups water

1 or 2 tins kidney beans  
1 1/2 tsp chili powder  
Optional:  
1/2 cup celery  
1/2 cup mushrooms  
1/2 cup peppers

Brown ground beef. Add rest of ingredients. Simmer 30 minutes.

## STUFFED GREEN PEPPERS

*Larry Desjardins*

6 green peppers  
2 cloves garlic  
1 to 1 1/2 lb ground beef  
1 tsp salt  
Pinch rosemary  
Pinch chili flakes  
Grated cheese (if desired)

2 small onions, chopped  
1 Tbsp olive oil  
28 oz spaghetti sauce  
1/2 tsp pepper  
Pinch cayenne  
1 Tbsp parsley

Cut off stem ends of peppers and scoop out seeds and membrane. Fry onion and garlic in olive oil until golden brown. Add meat and fry, stirring constantly, until thoroughly brown. Add 1/2 of spaghetti sauce and seasonings to mixture and blend well; pile mixture loosely into pepper cups. Set in shallow baking dish. Dilute balance of sauce with a little less than 1/2 a sauce can of water. Bake at 375°F for 30 to 40 minutes. Sprinkle tops of peppers with chopped parsley. If grated cheese is desired, sprinkle on top. Serves 6.

## SLOPPY JOES

*Ashley Desjardins*

- |                             |                    |
|-----------------------------|--------------------|
| 1 1/2 lb ground beef        | 1/2 cup water      |
| 2 Tbsp minced onion         | 1 Tbsp brown sugar |
| 2 Tbsp prepared mustard     | 3/4 tsp salt       |
| 1 Tbsp Worcestershire sauce | 1/2 cup ketchup    |

In large pan, brown ground beef, stirring constantly. Add remaining ingredients and simmer 20 minutes. Put meat mixture on top of bun halves. Sprinkle with grated cheese or top with cheese slices. Bake at 350°F for 25 minutes.

## SPAGHETTI SAUCE

*Mary Lou Estabrooks*

- |                               |                        |
|-------------------------------|------------------------|
| 1 onion                       | 1 tsp curry powder     |
| 1 lb ground beef (I use lean) | 1 tsp paprika          |
| 19 oz can tomatoes            | 1/2 tsp cayenne pepper |
| 7 1/2 oz can tomato paste     | 2 tsp sugar            |
| 1 tsp chili powder            | 1 bay leaf             |

Sauté onion. Add beef and brown. Add remaining ingredients. Simmer 1 1/2 hours (I usually simmer longer).

## BASIC MEATBALLS/SAUCE

*Helen Kaeser*

- |   |                            |
|---|----------------------------|
| 1 lb lean ground beef                           | 2 tsp Worcestershire sauce |
| 1 egg   | Sauce:                     |
| 1/2 cup dry bread crumbs or oatmeal             | 1 cup granulated sugar     |
| 1/4 cup very finely chopped onion               | 3/4 cup water              |
| 1 clove garlic, minced or 1/4 tsp garlic powder | 3/4 cup vinegar            |
| 1/2 tsp each salt and pepper                    | 2 Tbsp cornstarch          |
|   | 1 tsp paprika              |
|   | 1/2 tsp salt               |

Mix and shape into 1 inch balls or larger. Bake at 350°F on greased cookie sheet for 15 minutes or until no longer pink. Remove to plate. May be frozen or form into meat loaf and bake in loaf pan for 1 hour at 350°F. Yield: about 1 3/4 cups.

**Sauce:** Bring to boil and let thicken. Combine with cooked meatballs.

## **PORCUPINE MEATBALLS**

*Loretta Dutka*

- |  |                        |
|--|------------------------|
| 1/2 cup rice                               | 1 tsp salt             |
| 1 Tbsp grated onion                        | 1/8 tsp pepper         |
| 2 Tbsp chopped green peppers<br>(optional) | 1 garlic clove, minced |
|  | 1 lb hamburger         |

Mix all ingredients together and form into meatballs. Put in pressure cooker with 1 can tomato soup and 3/4 can water and cook for 15 minutes in a pressure cooker. If you do not have a pressure cooker, put in casserole dish with cover and put soup and water over them and bake in 350°F oven for 45 minutes to an hour. You can also use some tomato juice when cooking.

## **SWEET & SOUR MEATBALLS**

*Judy Tilling*

- |                       |                            |
|-----------------------|----------------------------|
| 2 lb ground beef      | 1 cup water                |
| 1 egg                 | 1/4 cup vinegar            |
| 1/2 cup rolled oats   | 1/2 cup brown sugar        |
| 1 Tbsp parsley flakes | 2 tsp Worcestershire sauce |
| 1/4 cup chopped onion | 1/4 cup hard margarine     |
| Salt, pepper          | 2 cloves garlic, chopped   |
| 1 cup ketchup         | 1 cup chopped onion        |

Mix first 7 ingredients together and make into small meatballs. Bake 15 minutes at 425°F. Drain on paper towels. Simmer rest of ingredients together on top of stove 20 minutes. Do not sauté onions. Heat meatballs and sauce together. Serve with lots of rice.

## **BEEF & DUMPLINGS**

*Marg Teasdale*

- |                            |                         |
|----------------------------|-------------------------|
| 1 lb ground beef           | 1 tsp salt              |
| 2 medium onions, sliced    | 1/4 tsp pepper          |
| 1 1/2 cups chopped cabbage | 1 to 2 tsp chili powder |
| 1/2 cup celery             | <b>Dumplings:</b>       |
| 16 oz can tomatoes         | 2 cups biscuit mix      |
| 16 oz can kidney beans     | 3/4 cup milk            |
| 1 cup water                |                         |

Brown ground beef and drain. Add veggies. Cook and stir to brown. Add remainder of ingredients. Bring to a boil.

**Dumplings:** Mix well with fork. Drop by teaspoonfuls into boiling beef mixture. Cook 10 minutes uncovered, then 10 minutes covered.

## MOCK MEAT STROGANOFF

*Marg Teasdale*

1 1/2 lb cubed steak  
Seasoned flour and fat  
1/2 cup onion  
1/2 cup celery  
1 Tbsp vinegar  
1 1/2 cups broth

1 can mushrooms  
1 can cream of mushroom  
soup  
1 Tbsp ketchup  
1 1/2 Tbsp Worcestershire  
sauce

Brown meat. Add veggies, vinegar and broth. Cook till tender, 35 minutes. Add remainder. Heat through.

## SAVOURY SWISS STEAK

*Sharon Bloor*

2 lb blade or round steak  
3/4 cup flour, for dredging  
3 onions, sliced (or less)  
2 Tbsp vegetable oil  
1 tsp prepared mustard  
2 tsp salt

1/4 tsp pepper  
1/2 cup water  
1/2 cup chili sauce, ketchup or  
cooked tomatoes  
1 Tbsp brown sugar

Pound flour into steak, with edge of plate. Brown onions in hot oil; remove from pan. Brown steak on both sides in remaining hot oil. Put steak in casserole dish and top with onions. Combine remaining ingredients and pour over meat and onions. Cover. Place in 350°F oven and cook for 2 to 2 1/2 hours. Serve with rice, noodles or baked potato. Yield: 6 to 8 servings.

## OVEN STEW

*Vicki Renner*

1 1/2 lb beef cubes  
1 cup celery, cut  
6 carrots, cut  
1 large onion, sliced  
4 medium potatoes, cut

19 oz can tomatoes  
1 Tbsp sugar  
2 Tbsp minute tapioca or rice  
Salt, to taste  
Pepper, to taste

In a casserole with a tight cover, mix ingredients well. Cover tightly and bake at 250°F for 5 hours. Don't disturb during baking.

*Whatever is worth doing is worth doing well.*

## **ANNIVERSARY OVEN STEW**

*Loretta Dutka*

**2 lb carrots**  
**2 lb potatoes**  
**2 large onions**

**5 lb pkg stew meat, cut in bit  
size pieces**  
**4 cans tomato soup**

Put meat, soup and 1 1/2 cans water into a large roaster, cover and place in oven. Cook for 2 1/2 hours. Peel and chop into bite size chunks the potatoes, carrots and onions. Add to meat and soup and stir well, coating all vegetables with soup mixture. Cover and cook at 300°F for another 2 hours or until a sharp knife will penetrate a carrot. When done, stir in 1 pound bag frozen peas and return to oven until peas are heated through, about 1/2 hour.

## **BARBECUED SPARERIBS**

*Marg Teasdale*

**2 sides ribs**  
**2 medium onions**  
**1/2 cup ketchup**  
**1 cup water**  
**1/2 tsp chili powder**

**1 1/2 tsp Worcestershire sauce**  
**2 Tbsp vinegar**  
**1 tsp salt**  
**1 Tbsp sugar**  
**1 tsp dry mustard**

Layer ribs, onions and sauce. Cover and bake at 325°F for 2 hours. Uncover last 1/2 hour.

## **GREEK STYLE RIBS**

*Kathleen Posehn*

**4 racks spare ribs or pork  
chops**  
**Oregano**  
**Salt**  
**Pepper**

**Seasoning salt**  
**Garlic powder**  
**3 lemons**  
**Worcestershire sauce**

Cut all fat off of ribs. Preboil ribs 20 minutes on stovetop (optional). Place in single layer on bottom of roaster or cookie sheet with sides or bottom of broiler pan or on aluminum foil, shiny side down. Sprinkle with spices or sprinkle heavily with Montreal steak spice. Place pan on lowest rack of preheated 350°F oven. Bake uncovered 45 minutes 1 side, flip and bake another 45 minutes. (If preboiled, do not cook for more than 30 minutes per side.) Remove ribs, cut up and place in bowl. Squeeze lemon juice over. Sprinkle with Worcestershire sauce. (If you have used Montreal steak spice, omit lemon juice and Worcestershire sauce.) Mix well. Serve with lemon wedges.

## **HONEY AND GARLIC RIBS**

*Mavis Boehmer*

**3 to 4 lb spare ribs, cut into  
serving size pieces**

**Sauce:**

**1/2 cup honey**

**1 cup ketchup**

**1/4 soya sauce**

**4 cloves garlic, chopped fine**

Cook ribs in salt water until tender. Drain and place in a shallow dish. Pour sauce on ribs, coating all of the ribs. These may be refrigerated overnight or frozen until needed. Remove ribs from sauce and grill on the barbeque until brown and crisp. Heat excess sauce and serve with rice.

## **SWEET & SOUR RIBS**

*Ashley Desjardins*

**Beef or pork ribs**

**2 to 3 Tbsp brown sugar**

**1 Tbsp soya sauce**

**1 cup boiling water**

**1/3 cup vinegar**

**1/2 cup brown sugar**

**1 Tbsp soya sauce**

**1/4 cup cold water**

**2 Tbsp cornstarch**

Cut ribs into serving size pieces. Mix first amount of brown sugar and soya together, rub some on each rib and leave 1 to 2 hours. Brown ribs in pan. Mix next 4 ingredients together in a saucepan. Combine cold water and cornstarch. Add to mixture in saucepan. Cook sauce until clear, stirring constantly. Pour over ribs. Cover and bake in oven 1 to 2 hours at 350°F.

## **BARBECUE PORK CHOPS**

*Lorna Gullickson*

**4 to 6 pork chops**

**1 can mushroom soup**

**1 cup ketchup**

**1 Tbsp Worcestershire sauce**

**1 cup chopped onion**

Place chopped onions on chops. Mix together other ingredients. Add salt and pepper to taste. Pour mixture over pork chops and bake for 2 hours at 325°F. Good with baked potatoes.

*When love and skill work together, expect a masterpiece.*

## **PORK CHOPS**

*Kyle Desjardins*

1/3 cup brown sugar  
1/2 tsp salt  
1/8 tsp pepper  
1 1/2 Tbsp lemon juice

1/3 cup chili sauce or ketchup  
6 pork chops  
6 onion slices

Combine sugar, salt, pepper, lemon juice and ketchup. Place pork chops in large casserole or small roaster. Top chops with onion slices. Pour ketchup mixture over chops. Cover tightly and bake at 350°F for 1 to 1 1/2 hours or until tender.

## **BEEF BURRITO CASSEROLE**

*Kathleen Posehn*

14 oz can refried beans  
1 cup Tea Biscuit Mix (see index)  
1/4 cup water  
1 lb lean ground beef  
2 cups (medium) salsa sauce

1 cup (medium) cheddar cheese  
1/4 cup pitted black olives  
Bibb lettuce, finely shredded  
Tomatoes, finely chopped  
Sour cream

Preheat oven to 350°F.

**Crust:** Press this mixture into greased 9x13 inch pan. Mix beans, biscuit mix and water together with a fork.

**Topping:** Add these ingredients to pan in order given: ground beef (brown and drain off fat), salsa, olives (sliced), shredded cheddar cheese. Bake uncovered 25 to 30 minutes. Serve with tomatoes, lettuce and sour cream.

## **CASSEROLE CABBAGE ROLLS**

*Sharon Bloor*

1 lb ground beef  
1 Tbsp cooking oil  
1 chopped onion  
1 tsp salt  
1/8 tsp pepper

3 Tbsp raw long grain rice  
10 oz can tomato soup  
1 soup can water  
3 cups coarsely shredded cabbage, packed

In large frying pan, stir and break up ground beef and brown in oil for 1 to 2 minutes, then add onion, salt, pepper and rice. Mix well while gently sautéing for 2 to 3 minutes, then add soup and water and mix well. Turn cabbage into baking dish. Pour meat mixture evenly over raw cabbage. Do not stir. Bake, covered, 1 1/2 hours at 325°F. This casserole can be frozen and reheated at 325°F for 1 hour.

## **CABBAGE ROLLS**

*Leanne Johnston*

1 medium head cabbage  
1 to 1 1/2 lb ground beef  
1/2 to 3/4 cup rice  
1 cup tomato juice  
2 Tbsp sugar

2 Tbsp vinegar  
Chopped onion  
Salt  
Pepper

If you freeze cabbage first, then thaw it, it will roll up much easier. Mix all the above ingredients, then roll up in cabbage. Put in pan with cover. Pour 1 tin tomato soup and a little vinegar for taste. Bake at 350°F for 1 1/2 to 2 hours or until tender.

## **MACARONI CASSEROLE**

*Ann Dobra*

2 tsp oil  
2 crushed garlic cloves  
3/4 cup chopped onion  
1 lb lean ground beef  
19 oz can crushed tomatoes  
1 tsp basil

1 tsp oregano  
1 cup macaroni  
2 Tbsp Parmesan cheese  
Salt, pepper, to taste  
Sugar, to taste

Sauté onion and garlic in oil. Add beef and cook until no longer pink. Add tomatoes and spices and sugar. Boil macaroni and add to meat mixture. Add mushrooms. Add Parmesan cheese. Simmer for 10 minutes.

## **SAUSAGE JAMBALAYA**

*Michelle Yee*

2 to 4 hot or sweet Italian  
sausage, chopped  
19 oz can tomatoes or  
seasoned tomatoes  
2 1/4 cups water

1 1/2 cups uncooked rice  
1 tsp dried basil  
1 sweet pepper or zucchini,  
chopped  
1/2 tsp salt

Brown sausage. Add tomatoes, rice, basil, salt and water. Cover. Bring to boil. Reduce heat. Simmer for 20 minutes. Stir in pepper or zucchini. Simmer 5 minutes.

*When you can't win, you can at least grin.*

## HAMBURGER PIE

*Marianne Smisko*

1 medium onion, chopped  
1 lb ground beef  
3/4 tsp salt  
Dash pepper  
1 lb can (2 cups) cut green  
beans, drained or 1/2 lb  
green beans, cooked and  
drained

1 can condensed tomato soup  
**Potato Fluff Topper:**  
5 medium potatoes, cooked  
1/2 cup warm milk  
1 beaten egg

**Potato Fluff Topper:** Mash potatoes while hot. Add milk and egg. Season. May use instant mashed or whipped. Prepare enough for 4 servings as per package directions. Reserve 1/2 the milk, add egg and season. Add reserved milk a little at a time to make potatoes stiff enough to hold shape.

Cook onion in small amount hot fat till tender but not brown. Add meat and seasonings. Brown lightly. Add drained beans and soup. Pour into greased 1 1/2 quart casserole. Drop Potato Fluff Topper in mounds over meat. If desired, sprinkle potatoes with 1/2 cup shredded processed cheese. Bake at 350°F for 25 to 30 minutes. Makes 6 servings.

## SPAGHETTI CHEESE BAKE

*Darlene Elchuk*

8 oz spaghetti  
1 Tbsp cooking oil  
1 lb lean ground beef  
1 cup chopped onion  
10 oz tin condensed cream of  
mushroom soup  
10 oz tin condensed tomato  
soup

1/2 cup water  
1/4 tsp pepper  
1/2 tsp seasoned salt  
2 cups grated cheese  
1/2 cup dry bread crumbs  
2 Tbsp melted butter or  
margarine  
1/4 cup medium grated cheese

In large saucepan, cook spaghetti in 3 quarts boiling water and 1 tablespoon oil and 2 teaspoons salt till tender but firm. Drain. Heat 1 tablespoon oil in frying pan. Add beef and onion. Scramble fry till no pink remains and onion is soft. Add mushroom soup, tomato soup, water, seasoned salt and pepper to meat mixture. Simmer slowly, uncovered, 10 to 15 minutes. Add first amount of cheese; stir to melt. Then mix all of this with cooked spaghetti. Turn into greased 2 1/2 to 3 quart casserole. Mix bread crumbs with melted butter in small saucepan. Stir in remaining cheese. Sprinkle over top. Bake uncovered in 350°F oven for 20 to 30 minutes till hot and browned. Serves 6 to 8 people.

## SAUERKRAUT "CABBAGE ROLL" CASSEROLE

*Carolyn Pepper*

1/2 cup (125 mL) parboiled rice  
1 lb (500 g) lean ground beef  
1/2 lb (250 g) mushrooms,  
sliced  
1 onion, chopped  
2 cloves garlic, minced  
1 tsp (5 mL) Worcestershire  
sauce  
Pepper, to taste

7 1/2 oz (213 mL) can tomato  
sauce  
1/2 cup (125 mL) sour cream  
2 cups (500 mL) sauerkraut,  
drained and rinsed  
1 cup (250 mL) fresh bread  
crumbs  
1 Tbsp (15 mL) butter

Cook rice in 2 cups (500 mL) boiling salted water for 5 minutes; drain well. In large skillet, cook beef, mushrooms, onion, garlic for about 8 minutes or until beef no longer pink and vegetables are tender or softened, stirring often. Drain off any fat. Season with Worcestershire sauce and pepper. Stir in rice, tomato sauce and sour cream. In 10 cup (2.5 L) casserole, alternately layer 3 layers of sauerkraut and 2 of beef mixture. Mix bread crumbs and butter; sprinkle evenly on top. Cover and bake in 350°F (180°C) oven for about 45 minutes or until rice is tender and topping gold brown. Makes 4 to 6 servings.

## TRIPLE PROTEIN CASSEROLE

*Patricia Gorius*

1 bunch fresh asparagus  
3/4 cup chopped onion  
4 Tbsp bacon drippings  
4 Tbsp flour  
3/4 cup chicken broth  
1 cup milk  
1 Tbsp Worcestershire sauce  
2 cups cooked ham, diced or  
cut into strips

2 cups cooked chicken, diced  
1 cup jicama root or water  
chestnuts, diced  
1 cup (or more!) dry cottage  
cheese  
1/2 cup soft bread crumbs  
2 Tbsp butter or margarine,  
melted

Cut asparagus into bite size pieces and cook until just underdone. Drain and set aside. Saute onion in bacon drippings until delicately browned. Place in double boiler over boiling water, add flour and mix well. Add broth, milk and Worcestershire sauce and cook until thickened, stirring occasionally. Cover and cook 15 minutes.

While sauce is in last cooking period, arrange ham, asparagus, chicken, jicama root and cottage cheese in that order in a 2 quart casserole dish. Pour sauce over all. Top with crumbs mixed with butter and bake at 375°F for 30 minutes. Serves 6 to 8.

## SOUPER SKILLET PASTA

*Lorna Bennett*

- |  |   |
|--|---|
| 1 lb ground beef   | 2 cups water  |
| 1 envelope dry onion soup mix<br>or onion roasted garlic | 2 cups uncooked medium shell<br>macaroni                |
| 1 tsp oregano  | 1/3 cup Parmesan cheese and<br>grated mozzarella cheese |
| 1/2 tsp basil  |   |
| 28 oz can tomatoes, undrained                            |   |

In large fry pan or Dutch oven, brown beef; drain. Add onion soup mix, oregano, tomatoes and water. Bring to a boil. Stir in macaroni. Simmer covered, stirring occasionally, for 20 minutes or until macaroni is tender. Stir in Parmesan cheese and top with mozzarella cheese. Makes 6 servings.

## TAMALE PIE

*Hazel Rodger*

- |                         |  |
|-------------------------|--|
| 1 1/2 lb ground beef    | 1 cup corn meal                              |
| 19 oz can cream corn    | 2 tsp chili powder                           |
| 19 oz can tomatoes      | 1/4 tsp each salt and pepper                 |
| 1/2 cup chopped olives  | 1/3 cup grated cheese, to<br>sprinkle on top |
| 1 medium onion, chopped |  |

Mix all ingredients together and place in casserole. Bake for 1 to 1 1/4 hours at 350°F. Turn off oven and remove casserole. Sprinkle cheese on top and return to oven until cheese is melted.

## TATER GEM CASSEROLE

*Mel Dahl*

- |                                       |   |
|---------------------------------------|---|
| 1 to 2 lb ground beef                 | 2 cans cream of mushroom or<br>cream of celery soup |
| 1 onion                               | Tater Gems  |
| 1 can mushrooms (stems and<br>pieces) |   |

Brown hamburger with onion. Drain grease off. Put in casserole dish. Add mushrooms, then add soup (do not add water to soup). Cover casserole with Tater Gems. Bake in oven at 350°F, uncovered, for 45 minutes.

*Wrinkles should merely indicate where smiles have been.*

## TATER TOT CASSEROLE

*Lorena Robinson*

**2 lb ground beef**

**1 onion, chopped**

**1 tsp salt**

**Pepper, to taste**

**1/2 cup chopped mushrooms**

**2 lb bag Tater Tots**

**10 oz can cream of celery soup**

**1 cup milk**

**1 cup shredded cheddar  
cheese**

Brown ground beef and onion with salt and pepper in skillet; drain. Layer beef mixture, mushrooms and Tater Tots on top in 9x13 inch baking dish. Mix soup and milk; pour over Tater Tots. Add salt and pepper to taste. Sprinkle with cheese. Bake at 350°F for 1 hour.

## IT'S PASTA PARMESAN

*Garrett Yee*

**3 cups pasta (any type)**

**Sauce:**

**1 stalk celery, cut diagonally**

**1/4 onion, chopped**

**1 clove garlic, minced**

**3 fresh mushrooms, chopped**

**1/4 green and/or red pepper,  
chopped**

**1/2 (19 oz) can diced or  
crushed tomatoes**

**1/2 (14 oz) can tomato sauce**

**1/2 tsp oregano**

**1/2 tsp basil**

**1/4 tsp hot pepper sauce**

Fill a medium sized sauce pan 1/2 full of water and add 1/2 teaspoon salt. Bring water to a boil. Add pasta. Stir frequently, especially at the beginning and keep water boiling for 7 to 9 minutes until pasta is cooked. The rapid boiling keeps pasta separate so it does not stick together. To keep it from boiling over and to prevent stickiness, you may add 1 tablespoon oil or margarine. Drain with a strainer or a colander.

Make sauce in a frying pan. Sauté together in a small amount (1 to 2 teaspoons) of margarine for 3 to 5 minutes celery, onion, garlic, mushrooms and peppers. After veggies are cooked to fork tenderness, add to frying pan tomatoes, tomato sauce, oregano, basil and hot pepper sauce. Simmer over low heat, stirring occasionally, for 10 to 15 minutes. Serve sauce over pasta. Sprinkle with Parmesan cheese. Adjust seasoning according to taste.

*Love is like the ocean. Always there - always different.*

## VENISON CASSEROLE

*Judy Tilling*

2 lb venison steak  
6 medium potatoes, sliced  
3 carrots, sliced  
1 onion, sliced

1 green pepper, squares  
(optional)  
3 cups beef bouillon  
Flour, to coat steak  
Salt and pepper

Flour pieces of steak and brown in pan. Remove. Put 1 layer of venison in 3 quart baking dish. Cover with layer of onion, carrots, green pepper. Salt and pepper over. Repeat with layers of meat and vegetables. Pour beef bouillon over all. Cover. Bake 1 1/2 hours in 350°F oven. Uncover last 20 minutes.

## ALMOND CRUMB CHICKEN

*Kathleen Posehn*

1 Tbsp blanched almonds  
3 soda crackers, salted  
1 1/2 tsp Parmesan cheese  
1/8 tsp basil

2 chicken breast halves  
2 Tbsp milk  
2 tsp oil

**Coating:** Mix finely ground almonds, 3 crushed crackers, add grated Parmesan cheese, salt and basil.

Flatten breast halves well. Dip each cutlet into milk, then into coating. Use up all the coating. Heat oil in skillet. Brown cutlets on both sides, 3 to 4 minutes per side.

## CHICKEN CAESAR MELT

*Joyce Malakoff*

6 oz boneless chicken breast  
1/2 tsp minced garlic  
1/2 tsp dried basil

1/2 tsp oregano  
1/2 tsp salt  
1/4 tsp pepper

Flatten chicken breasts to 1 1/2 times its size. Rub top with 1/2 teaspoon minced garlic. Season lightly with basil, oregano, pepper and salt. Broil 3 inches from element for 5 to 8 minutes. Top with provolone cheese. Return to broiler and heat until cheese melts. Cut and toast kaiser rolls. Add 2 teaspoons caesar salad dressing. Serve with crisp romaine lettuce and dash with Parmesan cheese.

## CAESAR CHICKEN FINGERS

*Michelle Yee*

2 lb skinless boneless chicken breasts, about 8 to 10 breast halves

3/4 cup creamy-style caesar dressing, regular or light

4 cups fresh bread crumbs (8 slices) or 2 cups dried crumbs

1/2 cup cooked chopped bacon or 1/4 cup simulated bacon bits

1/4 cup freshly grated Parmesan cheese

1/4 cup finely chopped parsley  
1/4 tsp each salt and freshly ground black pepper

Preheat oven to 450°F. Slice chicken breasts lengthwise into 1/2 inch wide strips. Place in a bowl with caesar dressing and stir until evenly coated. In a medium size bowl, stir bread crumbs and remaining ingredients. Roll chicken strips in bread crumb mixture until evenly coated. Lay on a greased baking sheet. Bake chicken fingers in centre of preheated oven until chicken is cooked and crumbs are browned, about 15 minutes. It isn't necessary to turn chicken. Serve warm with additional caesar dressing for dipping.

If making ahead, bake chicken for 12 minutes, cool, wrap in foil and freeze. Reheat frozen chicken fingers, uncovered, in a preheated 350°F oven until hot and crisp, about 12 minutes.

## CREAMED CHICKEN & BISCUITS

*Wanda Reece*

1/2 large onion

1 1/2 tsp butter

4 cups chopped cooked chicken

10 3/4 oz can cream of chicken soup

1 cup sour cream

1/2 cup milk

1/2 cup chopped pimiento

1 cup shredded mild cheddar cheese, divided

6 frozen biscuits, thawed

Preheat oven to 350°F. Grease an 11x7 inch baking dish. Chop onion. Heat butter in a small nonstick skillet over medium-high heat until melted. Stir in onion. Sauté until tender. Combine onion, chicken, soup, sour cream, milk and pimiento in a medium bowl; mix well. Spoon mixture into prepared baking dish. Bake for 15 minutes. Remove from oven. Sprinkle baked layer with 3/4 cup cheddar. Arrange biscuits in single layer over top. Sprinkle with remaining cheddar. Bake until biscuits are golden brown and sauce is bubbly, about 20 minutes longer. Serve immediately.

## **CREAMED CHICKEN**

*Kathleen Posehn*

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| <b>3 Tbsp butter</b>              | <b>1/2 tsp ketchup</b>          |
| <b>3 heaping Tbsp flour</b>       | <b>3 chicken breast halves,</b> |
| <b>14 oz can chicken broth</b>    | <b>cooked</b>                   |
| <b>1 cup cream</b>                | <b>Salt</b>                     |
| <b>1 tsp Worcestershire sauce</b> | <b>Pepper</b>                   |

Brown butter over low heat in skillet. Mix in flour. Cook slightly. Gradually add chicken broth until smooth and creamy and thickened. Add 1 teaspoon Worcestershire sauce, ketchup, salt and pepper to taste. Add cream (can use another can of chicken broth instead if desired). Add 2 cups cooked chicken (large chunks). Reheat and serve. If chicken omitted, can use as gravy.

## **CHICKEN DIVAN**

*Jean Scott*

- |                                    |                               |
|------------------------------------|-------------------------------|
| <b>2 bunches fresh broccoli</b>    | <b>1/4 tsp salt</b>           |
| <b>3 chicken breasts</b>           | <b>2 cups chicken broth</b>   |
| <b>1/4 cup butter or margarine</b> | <b>1/2 cup whipping cream</b> |
| <b>6 Tbsp flour</b>                |                               |

Cut up broccoli bunches, put into a pot and cover with cold water. Bring to a boil, then drain and put in a 12x7 1/2x2 inch dish. (I use a casserole dish.) Cut chicken breasts into 1 1/4 inch slices, put into water and bring to a boil, then take them out of water and put on top of broccoli in dish. Blend together butter, flour and salt in a saucepan. Add chicken broth and cook till thick, then add whipping cream. Pour over broccoli and chicken. Sprinkle some Parmesan cheese on top. Bake at 350°F for 30 minutes. You can also put in fridge till ready to cook.

## **CHICKEN DIVAN**

*Lorna Gullickson*

- |  |                              |
|--|------------------------------|
| <b>1 bunch broccoli, cut into pieces</b>   | <b>1 tsp lemon juice</b>     |
| <b>2 cups sliced cooked chicken</b>        | <b>1/2 tsp curry powder</b>  |
| <b>2 cups cream of mushroom soup</b>       | <b>1/2 cup grated cheese</b> |
| <b>1 cup mayonnaise (not Miracle Whip)</b> | <b>Breadcrumbs</b>           |
|  | <b>Butter</b>                |

Cook broccoli pieces to tender crisp. Arrange in greased pan. Top with chicken pieces. Mix soup, mayonnaise, lemon juice, curry powder and pour over chicken. Sprinkle with grated cheese and breadcrumbs. Dot with butter. Bake at 350°F for 30 to 45 minutes.

## COMPANY CHICKEN

*Lorena Robinson*

3 lb frying chicken (or 1 pkg  
each chicken breasts and  
thighs)  
1 can cream of chicken soup

10 oz can sliced mushrooms  
(or, use fresh)  
1/2 cup flour  
1/2 Tbsp salt  
1/8 tsp pepper

Cut chicken into serving pieces. Dip in mixture of flour, salt and pepper. Brown thoroughly on all sides in skillet containing 1/4 cup shortening. Place in 3 quart casserole. Add soup to pan in which chicken was fried. Stir to pick up drippings. Add mushrooms. Pour over chicken. Cover. Refrigerate chicken casserole several hours if it is to stand in oven before cooking begins. Bake 1 hour at 375°F.

## MUSHROOM DILL CHICKEN ROLLS

*Leanne Johnston*

2 Tbsp margarine, cut into  
pieces  
1 cup hot water  
2 cups Stove Top chicken  
stuffing mix  
1 small red pepper, chopped  
1 egg, beaten

4 boneless chicken breasts  
2 Tbsp melted margarine  
1 can cream of mushroom  
soup  
1/2 cup water  
1/2 tsp dill weed  
Pepper

Heat oven to 400°F. Stir cut up margarine into hot water until melted. Add stuffing crumbs, red pepper and egg. Stir until moistened. Pound chicken to 1/4 inch thickness. Spoon stuffing evenly on chicken, then roll tightly and secure with toothpicks. Place in a greased 9 inch square baking dish. Brush with melted margarine. Sprinkle with pepper. Bake for 30 to 35 minutes. Heat soup, water and dill in pot. Serve over chicken. Makes 4 servings.

## WINGS/DRUMSTICKS

*Marg Teasdale*

3 lb chicken wings  
1/2 cup sugar  
3 Tbsp cornstarch  
1/2 tsp salt  
1/2 tsp ginger

1/4 tsp pepper  
2/3 cup water  
1/2 cup lemon juice  
1/4 cup soy sauce

Bake wings at 400°F for 15 minutes, turn and bake 15 minutes. Mix sauce ingredients; cook until thick. Put chicken in dish, pour sauce over and bake 30 minutes.

## **STICKY CHICKEN WINGS**

*Mavis Boehmer*

**1 cup white sugar  
1/2 cup vinegar  
2 tsp soya sauce**

**Pineapple juice  
2 tsp cornstarch**

Mix together. Pour over wings in oven safe container. Cook at 300°F till wings are cooked. Stir occasionally.

## **PARSLEY AND PARMESAN CHICKEN**

*Myrna Switzer*

**1/4 cup bottled Italian dressing  
4 skinned boned chicken  
breasts  
1 egg, slightly beaten  
2 Tbsp water**

**1/2 cup Parmesan cheese  
1/2 cup fine dry bread crumbs  
2 Tbsp parsley  
1/2 tsp salt  
1/4 tsp pepper**

Pour dressing into 9x13 inch pan. Add chicken breasts. Turn to coat on all sides. Cover and refrigerate for 3 to 4 hours. Drain and reserve dressing. Combine eggs and water. In plastic bag, combine cheese, bread crumbs, parsley, salt and pepper. Dip chicken in egg mixture, then shake 1 at a time in crumb mixture to coat. Return coated chicken to baking dish. Spoon remaining dressing over chicken. Bake at 350°F for 45 to 50 minutes until tender.

## **CHICKEN ALFREDO**

*Kathleen Posehn*

**1 chicken breast half  
1 tsp butter  
3 Tbsp onion, finely minced  
2 large cloves garlic, minced  
1 small (250 mL) carton  
whipping cream  
2 Tbsp Parmesan cheese**

**1 Tbsp flour  
1 to 2 Tbsp water  
1 pkg fettucini noodles  
Boiling water  
Salt  
Pepper**

Sauté cubed chicken, butter, garlic and onion in a large nonstick skillet until completely cooked. Do not brown. Add Parmesan cheese and whipping cream (to cover chicken). Bring to a boil. Reduce heat. Add pre-mixed flour and water. Continue to cook to thicken. Season with salt and pepper (to taste). Cook noodles in boiling water according to package directions. Serve chicken over drained noodles. Serve extra Parmesan cheese on the side.

## CHICKEN AND BROCCOLI ALFREDO

*Michelle Yee*

1/2 pkg linguine or spaghetti  
1 cup fresh or frozen broccoli  
flowerettes  
2 Tbsp butter  
1 lb boneless chicken breasts

1 can cream of mushroom  
soup  
1/2 cup milk  
1/2 cup grated Parmesan  
cheese  
1/4 tsp pepper

Boil pasta according to package directions. Brown chicken in 2 tablespoons butter. Add soup, milk and Parmesan cheese. Bring to boil. Add frozen broccoli. Heat through. If using fresh broccoli, boil for a few minutes in water before adding to soup mixture.

## CHICKEN LASAGNA

*Leona Dent*

4 cups cooked chicken or  
turkey  
1 tin mushroom soup  
1 tin cream of chicken soup  
1 finely chopped onion  
1 cup cottage cheese  
1/2 cup sour cream  
1/4 tsp poultry seasoning

1/4 tsp oregano  
3/4 cup Parmesan cheese  
2 cups shredded cheddar  
cheese  
8 lasagna noodles  
Top:  
2 1/2 cups shredded mozzarella

Mix all ingredients in a big bowl. In a 9x13 inch pan, layer 1/3 filling. Cover with noodles. Repeat. Top with shredded mozzarella cheese. Cover with greased tin foil. Bake in 350°F oven for 40 to 50 minutes. Remove foil. Bake an additional 10 minutes to brown cheese. Let stand 10 minutes. Cut and serve with salad and Italian bread.

## CHICKEN RICE CASSEROLE

*Shirley Gordon*

1 chicken, cut in pieces or  
chicken breasts  
1 1/2 cups Minute Rice,  
uncooked

1 can cream of mushroom  
soup  
1 can cream of celery soup  
1 pkg dry onion soup mix  
1 soup can water

Place in casserole in order given. Cover and bake for 1 1/2 to 2 hours at 325°F to 350°F oven.

## CHICKEN & SHRIMP PASTA

*Tannis Desjardins*

2 to 3 chicken breasts  
Pasta  
1/2 cup Parmesan cheese  
1 each colored peppers  
(orange, yellow, red and  
green)  
2 cups fresh mushrooms,  
quartered

3 Tbsp red wine vinegar  
1/2 tsp basil  
Shrimp  
3 Tbsp olive oil  
1/2 tsp minced garlic (approx 2  
cloves)  
1 red onion  
1/2 tsp black pepper

Cook pasta according to directions, drain, place in a large bowl, toss in cheese and cover. Set aside. Cut chicken into strips. Heat oil in deep frying pan. Sauté chicken and garlic until chicken is almost cooked, then add shrimp. Sauté for about 2 minutes and then add cut up vegetables, wine vinegar and spices. Cook until veggies are tender crisp, add veggie mixture to pasta mixture, toss and serve.

## COD LOINS WITH CHEDDAR CHEESE

*Judy Tilling*

1 cup shredded cheddar  
cheese  
1/3 cup mayonnaise

1 tsp lemon juice  
4 cod loins, cut thick

In small bowl, mix cheese, mayonnaise and lemon juice; set aside. Broil or bake cod until fish flakes easily. Remove fish from oven. Do not turn over. Pour off any liquid in dish. Spread cheese mixture on fish. Place under hot broiler until topping is lightly browned and bubbly (2 or 3 minutes).

## BROILED SALMON EPICUREAN (Barbeque Recipe)

*Darlene Elchuk*

1/2 tsp rosemary leaves  
(crushed a bit)  
1/4 cup salad oil

2 Tbsp lemon juice  
2 lb salmon steaks or fillets

Combine rosemary, oil and lemon juice; shake well. Let mixture stand at room temperature for an hour or longer; strain. Dip fish in oil mixture. Sprinkle fish with salt and pepper. Place salmon in an oiled wire broiler basket. Cook at medium-high on barbeque. Cook on 1 side, 5 to 7 minutes. Baste and cook other side with oil for another 5 to 7 minutes (depending on thickness of salmon). Cook till fish flakes easily with a fork. Serve immediately. Garnish with fresh lemon slices.

## **TUNA & NOODLE CASSEROLE**

*Wanda Reece*

Butter/margarine  
1/2 chopped onion  
2 stalks chopped celery  
12 oz egg noodles  
6.5 oz can tuna

10 oz can mushroom soup  
1/2 cup milk  
Salt and pepper, to taste  
Plain potato chips, coarsely  
crushed (can use crackers)

In a frying pan, melt butter and sauté onion and celery. Cook noodles according to package directions but do not over cook. In a well buttered casserole, combine noodles, celery and onion. Cover with a layer of tuna, then cover with mushroom soup. Add milk, salt and pepper to taste and dot with butter. Sprinkle with a small bag of plain potato chips and bake at 325°F (160°C) for 30 to 35 minutes. Serves 2 to 4.

## **TUNA TOASTIES**

*Darlene Matchett*

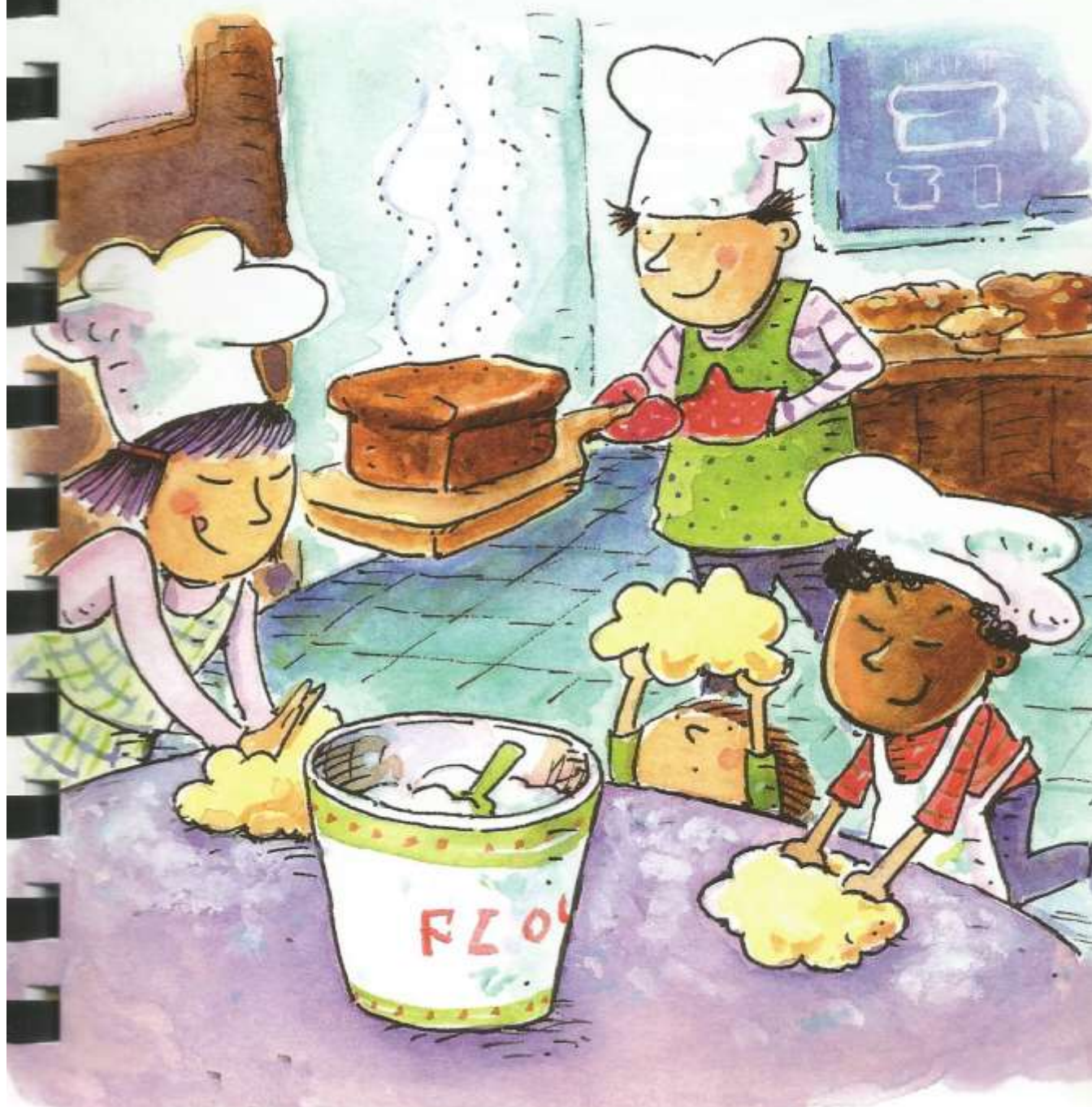
1 tin white flaked tuna  
1 cup cubed Velveeta cheese  
2 tsp chopped olives  
2 chopped hard boiled eggs

2 tsp green pepper  
2 tsp chopped onion  
1 cup Miracle Whip

Mix together well. Spread on 8 buns, halved. Place under broiler until bubbly and brown.

## EXTRA RECIPES

# Breads



## BAKING TEMPERATURES AND TIMES

Food	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
<b>Quick Breads</b>		
Biscuits	425° - 450°	10 - 15
Cream Puffs	450° then reduce to 350°	20-30, then 15-20
Popovers	450° then reduce to 350°	20-30, then 15-20
Muffins	400°	20 - 25
Loaves	350°	60 - 70
Coffee Cakes	350° - 375°	25 - 45
<b>Yeast Breads</b>		
Plain loaves	375° - 400°	30 - 45
Plain rolls	375° - 400°	10 - 20
Sweet rolls	375°	20 - 30

## CONVERSION OF PAN AND UTENSIL SIZES TO METRIC MEASUREMENTS

Utensil	Metric Volume	Metric Measure in Centimetres	Closest Size in Inches or Volume
Baking or cake pan	2 L	20 cm square	8-inch square
	2.5 L	23 cm square	9-inch square
	3 L	30x20x5	12x8x2
	3.5 L	33x21x5	13x9x2
Cookie sheet		40x30	16x12
Jelly roll pan	2 L	40x25x2	15x10x¾
Loaf pan	1.5 L	20x10x7	8x4x3
	2 L	23x13x7	9x5x3
Round layer cake pan	1.2 L	20x4	8x1½
	1.5 L	23x4	9x1½
Pie Pan	750 mL	20x3	8x1¼
	1 L	23x3	9x1¼
Tube pan	2 L	20x7	8x3
	3 L	23x10	9x4
Spring form pan	2.5 L	23x6	9x3
	3 L	25x8	10x4
Baking dish	1 L		1 qt.
	1.5 L		1½ qt.
	2 L		2 qt.
	2.5 L		2½ qt.
	3 L		3 qt.
	4 L		4 qt.
Custard cup	200 mL		6 fl. oz.
Muffin pans	40 mL	4x2.5	1.5x1
	75 mL	5x3.5	2x1¼
	100 mL	7.5x3.5	3x1½
Mixing bowls	1 L		1 qt.
	2 L		2 qt.
	3 L		3 qt.

## BREADS

### BANANA NUT LOAF

*Colleen Gordon*

3 ripe bananas

2 eggs

3/4 cup sugar

1 1/2 cups flour

1 tsp salt

1 tsp soda

1/2 cup chopped nuts

Mash bananas, then add eggs. Sift next 4 ingredients together, add to bananas, then add nuts. Bake in greased loaf pan at 350°F for 1 hour.

### GOING BANANAS LOAF

*Darlene Elchuk*

1 1/2 cups sugar

3 eggs

3/4 cup oil

2 cups flour

1 tsp baking soda

1 tsp baking powder

1/2 tsp salt

1 tsp cinnamon

1 tsp allspice

2 cups mashed bananas

1/2 cup raisins

Set oven at 350°F (180°C). Grease and flour a bundt pan or 2 (8x4x3 inch) loaf pans. Beat sugar and eggs until creamy. Mix in oil. Sift flour, baking soda and baking powder, salt, cinnamon and allspice. Add to creamed mixture. Mix in bananas and raisins. Pour into bundt pan and bake for 1 hour or until done. (Test with a toothpick, it should come out dry.) Turn out of pan when cool. It's so moist it doesn't even need butter (unless you want it). Best banana loaf ever.

### GINGERBREAD

*Mary Lou Estabrooks*

1/2 cup white sugar

1/2 cup margarine

1 egg

1 cup molasses

2 1/2 cups flour

1 1/2 tsp baking soda

1 tsp cinnamon

1 tsp ginger

1/2 tsp cloves

1/2 tsp salt

1 cup boiled water

Cream sugar and margarine. Add egg and beat. Add molasses. Add flour and spices and baking soda. Lastly add water. Bake at 350°F for 35 to 40 minutes. Serve with ice cream or whipped cream.

## NORWEGIAN BREAD

*Lorraine Thompson*

- |                      |                       |
|----------------------|-----------------------|
| 3 cups raisins       | 1 tsp salt            |
| 1/4 cup butter       | 1 tsp cinnamon        |
| 2 cups boiling water | 1 tsp baking soda     |
| 2 eggs, beaten       | 1 Tbsp boiling water  |
| 2 cups sugar         | 4 cups white flour    |
| 2 tsp vanilla        | 1 cup chopped walnuts |

Place raisins and butter in a glass or metal bowl. Pour 2 cups boiling water over raisins and butter. Mix. Cool 15 minutes. Beat eggs in a large mixing bowl. Add sugar, vanilla, salt, cinnamon and soda dissolved in boiling water. Add raisin mixture. Add flour and walnuts. Mix well. Grease and flour 2 (9x5x2 1/2 inch) loaf pans. Pour mixture into pans. Bake at 350°F for 60 minutes.

## ZUCCHINI LEMON LOAF

*Doris Munoz*

- |                         |  |
|-------------------------|--|
| 1 lemon, juice and rind | 1 tsp lemon extract                    |
| 1 1/2 cups sugar        | 1 1/4 cups milk                        |
| 4 cups flour            | 1 tsp salt                             |
| 1 1/4 cups oil          | 1/2 cup poppy seeds                    |
| 4 eggs                  | 1 pkg instant lemon pudding powder mix |
| 1 Tbsp baking powder    | 2 cups grated zucchini                 |
| 1 1/2 tsp baking soda   |  |

Beat together eggs, sugar, oil and lemon extract. Add lemon rind, juice, milk, poppy seeds and zucchini. In a separate bowl, blend together flour, baking powder, baking soda, salt and lemon pudding powder and stir into other ingredients. Bake at 350°F for 1 hour or until toothpick comes out clean. Makes 3 loaves.

## SUNSHINE BRAN MUFFINS

*Judy Tilling*

- |                         |                               |
|-------------------------|-------------------------------|
| 1 cup whole wheat flour | 1 cup grated carrots          |
| 1 cup natural bran      | 1/2 cup raisins               |
| 1/2 cup brown sugar     | 1 cup sour milk or buttermilk |
| 1 tsp baking soda       | 1/4 cup corn oil              |
| 1/2 tsp salt            | 1 egg                         |
| 1/2 tsp cinnamon        | 1 tsp vanilla                 |

Mix together flour, bran, sugar, soda, salt, cinnamon, carrots and raisins. Beat together in another bowl milk, egg, oil, vanilla. Add liquids to dry ingredients and mix just until moistened. Spoon into greased or paper lined muffin cups. Bake 20 minutes at 350°F. Makes 12 muffins.

## EASY BRAN MUFFINS

*Janelle Boehmer*

1 1/4 cups flour  
1 1/2 tsp baking powder  
1/2 tsp baking soda  
1/4 tsp salt  
1 1/2 cups bran cereal

1 1/4 cups milk  
1/4 cup vegetable oil  
1 egg  
1/3 cup sugar

Combine flour, soda, salt and baking powder. In separate bowl, combine cereal and milk. Let stand for 5 minutes. Add egg, oil and sugar to cereal and milk mixture. Add flour mixture to bran mixture. Stir just until combined. Bake at 400°F in muffin tins for 18 to 20 minutes.

Kids love these topped with butter and sprinkle with icing sugar while still warm. Enjoy.

## BLUEBERRY MUFFINS

*Myrtle Howe*

1/4 cup vegetable oil  
3/4 cup brown sugar  
1 cup whole wheat flour  
2 tsp baking powder  
1 tsp baking soda  
1 cup buttermilk (or milk and 1  
tsp vinegar)

1 egg  
1/3 cup wheat germ  
1 1/3 cups blueberries (you can  
also use raisins, cranberries,  
strawberries, chopped dates  
and nuts)  
1/3 cup oatmeal

In mixing bowl, combine oil, sugar, flour, baking powder and soda. Add buttermilk, egg, wheat germ and oatmeal. Mix lightly to moisten. Stir in blueberries, etc. Fill muffin tins 3/4 full with batter. Bake at 350°F for 20 minutes. Be sure to grease muffin tins very well also around top of each one, otherwise they will be a mess to get out!

## BLUEBERRY MUFFINS

*Carolyn Costack*

1/4 cup soft butter  
3/4 cup sugar  
1 egg, well beaten  
1 1/2 cups pastry flour  
1/2 tsp salt

2 tsp baking powder  
1/2 cup milk  
1 cup blueberries (fresh or  
frozen)

In a bowl, cream butter with sugar. Add egg and mix well. Add sifted dry ingredients alternately with milk, then fold in blueberries. Fill 12 buttered muffin tins 2/3 full. Bake at 375°F for 15 to 20 minutes.

## FRESH BLUEBERRY MUFFINS

*Patricia Gorius*

- |   |                                     |
|---|-------------------------------------|
| 1 cup oats  | 1/2 tsp salt                        |
| 1 cup buttermilk or sour milk (I use regular milk and add 1 Tbsp lemon juice to it) | 3/4 cup brown sugar, lightly packed |
| 1 cup flour   | 1 egg, beaten                       |
| 1 tsp baking powder   | 1/4 cup melted butter or margarine  |
| 1/2 tsp soda  | 1 cup blueberries                   |

Combine oats and milk in small bowl. Let stand. Combine flour, baking powder, soda, salt and brown sugar. Stir well to blend. Add egg and melted butter to oat mixture all at once to dry ingredients. Stir until all ingredients are moistened. Gently fold in blueberries. Fill well greased muffin cups 3/4 full. Bake at 400°F for 15 to 22 minutes. Makes 1 dozen.

## VERY MOIST MUFFINS

*Nathan Boehmer*

- |                   |   |
|-------------------|---|
| 1/2 cup margarine | 1 cup bananas, mashed (saskatoons, crushed pineapple or as desired) |
| 1 cup sugar       | 1 tsp baking soda   |
| 1 egg             | 1 1/2 cups flour  |
| 1/4 tsp salt      |   |

May add chocolate chips, nuts or cherries. Mix in order given. Bake at 350°F until brown.

## CREPES

*Claudette Klotz*

- |                              |   |
|------------------------------|---|
| 3 large eggs                 | 2 Tbsp cooking oil                                  |
| 1 cup milk                   | Topping:  |
| 1/2 cup water                | 15 oz frozen raspberries (or strawberries) in syrup |
| 1 1/4 cups all-purpose flour |   |
| 1/4 cup sugar                |   |

Beat eggs in mixing bowl until frothy. Add remaining ingredients. Beat until smooth. Add a bit more milk if too thick. Spoon 2 tablespoons (30 mL) batter into hot greased crepe pan. Tip pan quickly so batter covers bottom. When underside is brown, remove crepe to plate. Roll crepe up. Repeat. Makes about 24 crepes.

**Topping:** Spoon raspberries or strawberries with juice across centre of folded crepes.

## BLUEBERRY FRENCH TOAST

Wendy Hollinger

12 slices day-old bread, with  
crusts removed  
2 (8 oz) pkg cream cheese  
3 cups egg substitute  
2 cups milk  
1/3 cup maple syrup

1 cup blueberries  
Sauce:  
1 cup sugar  
2 Tbsp cornstarch  
1 cup water  
1 cup frozen blueberries

Cut bread into 1 inch cubes. Place 1/2 in a 12x9x2 inch pan, coated with spray. Cut cream cheese into 1 inch cubes. Place over bread. Top with blueberries and remaining bread. In a large bowl, combine egg, milk and syrup. Mix well. Pour over bread mixture. Cover and chill 8 hours or overnight. Remove from fridge 30 minutes before baking, uncover and bake at 350°F for 25 to 30 minutes until golden brown and center is set.

In a saucepan, combine sugar and cornstarch and water. Bring to boil over a medium heat. Boil for 3 minutes, stirring constantly. Stir in blueberries and reduce heat. Simmer for 8 to 10 minutes or until berries have burst. Serve over French toast. Yield: 8 servings.

## WAFFLES

Leona Dent

1 1/2 cups flour  
2 Tbsp sugar  
3 tsp baking powder  
1/2 tsp salt

2 eggs, beaten  
1 1/2 cups milk  
1/4 cup butter or margarine,  
melted

Stir dry ingredients together. Beat eggs, milk, butter. Add to dry ingredients. Beat only until smooth. Pour batter into hot waffle iron (about 1 cup for 9 inch iron). Bake until light goes out. Top with your favourites: syrup or strawberries and whipped cream.

## AIR BUNS

Janelle Boehmer

9 to 10 cups flour  
1 tsp Fermipan yeast  
1/2 cup sugar  
1/2 tsp salt

3 1/2 cups warm water  
1/2 cup shortening (oil)  
1 Tbsp vinegar

Start with liquids and shortening, sugar and salt. Add flour. Place yeast in flour. Mix well. Knead well. Let stand 2 hours covered with towels on counter. Punch down. Let rise 1 more hour. Make into loaves or buns. Let rise 1 1/2 to 2 hours more. Bake at 350°F about 25 to 30 minutes.

## CINNAMON BUNS

*Ashley Desjardins*

20 frozen dinner rolls  
1 cup brown sugar  
1/4 cup vanilla instant pudding  
powder

2 to 3 Tbsp cinnamon  
1/2 cup raisins (optional)  
1/2 cup butter

Spray 1 of the following with cooking spray: bundt pan, angel food (if using this make sure that it is a solid 1 piece pan not a 2 piece pan or it will leak) or a stoneware baking bowl. Drop dough balls into pan. Sprinkle raisins over dough balls. Mix brown sugar, pudding powder and cinnamon together in a bowl. Sprinkle over dough balls. Cover with damp cloth and leave overnight. Do not refrigerate. Next day, melt butter and pour over top. Bake at 325°F for 20 to 25 minutes. Let cool for 5 minutes, then remove from pan and enjoy.

## QUICK AND EASY CINNAMON ROLL

*Garrett Yee*

2 cups flour  
4 tsp baking powder  
1/2 tsp salt  
2 tsp sugar  
1/2 tsp cream of tartar  
(optional)

1/3 cup hard (cold) shortening  
(white)  
2/3 cup milk  
1/2 cup brown sugar  
1 tsp cinnamon  
1/4 cup soft margarine

Preheat oven to 400°F. Stir together flour, baking powder, salt, sugar and cream of tartar (optional) in a medium sized mixing bowl. Cut in shortening into the first 3 dry ingredients using pastry blender. Add milk all at once, stirring with a fork until mixture forms a ball. Turn dough onto counter; knead lightly until ball of dough is smooth and holding together (about 10 to 12 times). Roll dough to a rectangle that is 8 1/2x11 inches. (If mixture becomes sticky at this point, add a dusting of flour.) Spread softened margarine on dough, leaving 1 long edge of rectangle clear of margarine right to edge. Sprinkle with brown sugar and cinnamon (mixed together) on the margarine rectangle, going right to the edge. Roll dough from long side of rectangle, sealing as you go. Pinch long edge to rolled cylinder of dough. Cut cylinder of dough, using sharp knife or thread, evenly into 12 slices. Place in greased muffin tins with cut side down. Bake for 10 to 12 minutes.

## DROP BISCUITS

*Carolyn Pepper*

2 cups flour  
1/2 cup sugar  
4 tsp baking powder  
1/2 tsp salt

1/2 cup scant shortening  
1 cup sour milk  
3/4 tsp baking soda

Mix dry ingredients together. Cut in shortening. Add 2 tablespoons vinegar or lemon juice to 1 cup milk to make sour. Add to flour mixture. Do not over mix. Drop by spoonfuls onto baking sheet and bake at 475°F until brown.

## SCUFFLES

*Taylor Cowen*

5 cups flour  
2 tsp baking powder  
1 lb margarine

2 eggs  
1 cup milk

Mix together and divide into 10 balls. Refrigerate for 15 to 30 minutes. Roll out each ball as you would for pie crust. Instead of using flour to roll dough, use a mixture of 2 cups sugar and 8 teaspoons cinnamon mixed together. Cut circle into 8 triangles. Roll up starting at the big end. Don't roll too tight. Place on greased pans. Bake for 15 to 20 minutes at 375°F.

## READY-MIX

*Leona and Doreen*

9 cups flour  
1 Tbsp salt  
2/3 cup baking powder  
2 cups (1 lb) shortening  
Biscuits:  
2 1/2 cups ready-mix  
1/2 cup milk

Muffins:  
2 cups ready-mix  
1 egg  
1/2 cup sugar  
1 cup milk  
1 cup fruit

Mix dry ingredients in a large bowl. With a pastry blender, cut in shortening. Store in Ziploc bags or covered container in fridge.

**Biscuits:** Measure mix. Make a well in centre, add milk and stir. Turn dough onto floured surface. Knead about 6 times. Pat or roll out. Cut out shapes. Place on baking pan. Bake at 400°F for 12 to 15 minutes.

**Muffins:** Mix egg, sugar and milk. Stir in mix. Add fruit. Stir. Spoon into muffin cups. Bake at 425°F for 20 minutes.

## TEA BISCUIT MIX

*Kathleen Posehn*

8 cups all-purpose flour  
1/3 cup baking powder  
2 tsp salt  
8 tsp sugar

1 cup shortening  
**Biscuits:**  
1 cup biscuit mix  
1/3 cup milk

Mix flour, baking powder, salt and sugar. Cut in shortening using pastry blender. Mix to resemble coarse crumbs. Store in airtight container on shelf or in fridge.

**Biscuits:** Mix to make a soft dough. Turn out onto lightly floured surface. Knead a few times to make soft dough (don't over knead). Pat or roll to desired thickness (1/4 inch) and cut with a floured cutter. Place on ungreased baking sheet. Bake in preheated oven at 450°F for 12 to 15 minutes.

## QUICKIE PIZZA CRUST

*Michelle Yee*

2 tsp baking powder  
1/2 tsp salt  
1 cup cottage cheese  
1/4 cup oil

1/4 cup milk  
1 egg  
2 cups flour

In a large bowl, combine flour, baking powder and salt. Blend in cottage cheese until mixture is crumbly. Stir together egg, milk and oil. Add it all at once to flour mixture. Stir until dough forms a ball. If it is too wet, dump it out onto a well floured countertop and knead it by hand a few times until it's a smooth ball. This recipe makes enough dough for 2 (10 inch) pizzas or 1 (12 inch) pizza and a personal pan.

# Desserts



## BAKING TEMPERATURES AND TIMES

Food	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
<b>Cakes</b>		
Butter, cupcake	350°	15 - 25
layer	350°	20 - 35
loaf	350°	45 - 60
Fruit	275°	120 - 300
Angel	375°	30 - 45
Sponge	350°	30 - 45
<b>Cookies</b>		
Drop	350° - 375°	8 - 15
Meringue	250°	50 - 60
		then turn off oven and cool
Rolled	350 - 375°	8 - 12
Squares	350 - 375°	20 - 35
<b>Desserts</b>		
Fruit Crisps	350° - 375°	35 - 45
Cheesecake	350°	45 - 60
Custard	350°	30 - 60
<b>Pastry</b>		
One crust pie (unbaked shell)	400° - 425°	30 - 40
Meringue on cooked filling	350°	12 - 15
in preheated shell	(or) 425°	4 - 5
Shell only	450°	10 - 12
Two crust pie with uncooked filling	400° - 425°	45 - 55
Two crust pie with cooked filling	425° - 450°	30 - 45

## INGREDIENT SUBSTITUTIONS

- 1 cup sifted **all-purpose flour** = 1 cup unsifted all-purpose flour minus 2 tbsp.  
= 1 ¼ cups sifted cake and pastry flour
- 1 cup **sifted self-rising flour** = 1 cup sifted all-purpose flour plus 1 ½ tsp. baking powder and ½ tsp. salt
- 1 cup **granulated sugar** = 1 cup brown sugar, firmly packed
- 1 tbsp. **cornstarch** (for thickening) = 2 tbsp. flour  
= 2 tsp. quick cooking tapioca
- 1 tsp. **baking powder** = ¼ tsp. baking soda plus ¾ tsp. cream of tartar
- 1 tsp. **double-acting baking powder** = 1 ½ tsp. phosphate baking powder or 2 tsp. tartrate baking powder
- 1 cup **butter** = 1 cup margarine (hard or brick-type)  
= 1 cup shortening
- 1 cup **liquid honey** = 1 ¼ cups sugar plus ¼ cup liquid
- 1 cup **corn syrup** = 1 cup sugar plus ¼ cup liquid
- 1 cup **buttermilk** or **sour milk** = 1 tbsp. lemon juice or vinegar plus enough milk to make 1 cup (let stand 5 min.)
- 1 cup **buttermilk** = 1 cup plain yogurt
- 1 cup **sour cream** = 1 cup plain yogurt
- 1 cup **milk** = ½ cup evaporated milk plus ½ cup water
- 1 cup **skim milk** = 3 tbsp. skim milk powder plus 1 cup water
- 1 cup **cream** = ¾ cup milk plus ¼ cup butter
- 1 ounce **chocolate** (1 square) = 3 tbsp. cocoa plus 1 tbsp. butter or shortening
- 1 package **active dry yeast** = 1 tbsp. active dry yeast
- 1 **whole egg** = 2 egg yolks
- 1 cup **meat stock** = 1 cup consomme or 1 bouillon cube dissolved in 1 cup hot water
- 1 cup **tomato juice** = ½ cup tomato sauce plus ½ cup water
- 1 cup **tomato sauce** = ½ cup tomato paste plus ½ cup water
- 1 cup **tomato ketchup** = 1 cup tomato sauce plus ½ cup sugar plus 2 tbsp. vinegar
- 1 clove **garlic** = ¼ tsp. garlic powder
- 1 tsp. **dry mustard** = 1 tbsp. prepared mustard
- 1 small **onion** = 1 tbsp. dehydrated, minced onion
- 1 tbsp. **fresh herbs** (eg) parsley, oregano = 1 tsp. dried
- Juice of 1 **lemon** = 3 to 4 tbsp. bottled lemon juice

## DESSERTS

### BANANA SPLIT DESSERT

*Lorna Gullickson*

1/4 cup melted margarine  
2 cups graham wafer crumbs  
1/2 cup melted margarine  
1 egg, beaten  
2 cups icing sugar

2 bananas  
14 oz can crushed pineapple,  
well drained  
1 envelope dessert topping  
Nuts, to garnish

Mix well together 1/4 cup margarine and graham wafer crumbs. Pat into 9x9 inch pan. Combine 1/2 cup margarine, egg and icing sugar. Spread over crumb bottom. Over this, slice bananas and top with crushed pineapple. Prepare dessert topping as directed on package and spread over pineapple. Top with nuts to garnish. Refrigerate 3 hours.

### CHERRY DESSERT

*Kathleen Koshorke*

1/2 cup butter or margarine  
250 g pkg tiny marshmallows  
1 chocolate cake mix

398 mL can cherry pie filling  
9x13 inch bake pan

Melt butter or margarine in microwave. Spread in a 9x13 inch pan. Sprinkle marshmallows, in a single layer, over butter in pan. Marshmallows should be close together. Mix a chocolate cake mix, as directed, and spread over marshmallows. Drop scoops of cherry pie filling over chocolate cake mix. Bake at 350°F for 45 to 50 minutes. Cool. Serve with scoop of whipped cream or substitute.

**Note:** When baked, cherries have sunk to bottom and marshmallows have risen.

### DEATH BY CHOCOLATE

*Leona Dent*

1 chocolate cake, cut up  
1/2 cup Kahlua  
4 pkg chocolate mousse,  
prepared as directed

8 Skor bars, crushed  
1 large whipped cream,  
whipped  
1 large dairy milk chocolate bar

Place a layer of cake pieces in bottom of large bowl. Drizzle about 4 tablespoons Kahlua. Spoon in about 1/3 chocolate mousse. Sprinkle crushed pieces of Skor bar. Add a layer of whipped topping. Repeat layers until used up. Shave dairy milk chocolate bar over last layer of whipped cream.

## CRACKER DESSERT

*Claudette Klotz*

2 (4 serving size) pkg instant  
vanilla pudding  
4 cups milk  
84 unsalted soda crackers  
(approx)  
4 cups frozen whipped topping  
(in tub), thawed

**Fruit Sauce:**  
2 cups sliced fresh  
strawberries (or blueberries)  
1 cup water  
1/2 cup sugar  
2 Tbsp cornstarch

Beat pudding powder and milk together in bowl until smooth. Line ungreased 9x13 inch pan with crackers. Spread 1/3 of pudding over top. Spread 1/3 of whipped topping. Repeat layers twice more. Refrigerate for 24 hours or longer for good results.

**Fruit Sauce:** Mix all 4 ingredients in saucepan. Heat and stir until boiling and thickened. Cool. Drizzle sauce over individual servings.

Cuts into 24 pieces.

## CREAM PUFFS

*Larry Desjardins*

1 cup water  
1/2 cup margarine  
1 tsp sugar  
1/4 tsp salt

1 cup flour  
4 eggs  
Whipping cream

Heat water, margarine, sugar and salt to rolling boil in large saucepan. Add flour all at once. Stir vigorously with wooden spoon until it forms thick smooth ball and leaves sides of pan clean (about 1 minute). Remove from heat. Add eggs 1 at a time, beating well after each with wooden spoon or hand mixer until shiny and smooth. Shape and bake on lightly greased pan at 350°F for 45 minutes. Remove from oven. Let cool. When cool, cut puff in 1/2 (do not cut all the way through) crossways and fill with whipped cream. Close up puff and dip top of puff in chocolate sauce.

*A way of avoiding wrinkles: Don't look for them so hard.*

## DOROTHY GERMAN'S DESSERT

*Marge Wilson*

19 oz can cherry pie filling  
1 large tin crushed pineapple  
1 white cake mix

1 cup margarine  
Almond flakes  
Dream Whip

In a 9x13 inch pan, put cherry pie filling. Add pineapple layer. Sprinkle dry white cake mix over fruit. Cut thin slices of margarine over top of cake mix. Sprinkle almond flakes on top. Bake in 350°F oven for 50 minutes. Serve warm with Dream Whip topping.

## FLUFFY LEMON DESSERT

*Ashley Desjardins*

Base:  
1/4 cup melted margarine or butter  
1 Tbsp lemon juice  
1 1/2 cups fine graham wafer crumbs

1 cup boiling water  
1 cup sugar  
16 oz can evaporated milk, chilled  
19 oz can crushed pineapple (liquid too)  
1/4 tsp salt

Filling:  
6 oz pkg lemon jelly powder

For base, mix butter, lemon juice and graham crumbs. Press into 9x13 inch pan. Reserve 1/4 cup for top. Dissolve jelly powder in boiling water. Chill until syrupy. Whip cold evaporated milk until stiff like whipped cream. Stir in sugar and salt, pineapple and Jello until thoroughly combined. Pour over graham crust base. Sprinkle reserved crumbs on top. Refrigerate.

## PINEAPPLE DESSERT

*Margaret Tetlock*

2 cups graham crumbs  
1/3 cup white sugar  
1/2 cup melted butter or margarine  
6 serving size pkg vanilla or coconut cream pudding (not instant)

1 can crushed pineapple, well drained  
1/2 pt or more whipping cream  
1/4 cup sugar  
1/2 tsp vanilla

Grease 9x13 inch pan. Combine graham crumbs, 1/3 cup sugar and margarine. Press into bottom of pan and bake at 350°F for 5 minutes. While crust is baking, cook pudding and cool. When pudding has cooled, spread on baked crust. Whip whipping cream with 1/4 cup sugar and vanilla; fold in drained pineapple. Spread over pudding mixture. Refrigerate until ready to serve.

## POPPY SEED ROLL

Jean Scott

### Filling:

5 cups milk (2%)  
4 cups white sugar  
2 tsp almond extract  
5 1/2 cups poppy seeds

### Dough:

1 1/2 cups warm water  
1 tsp sugar

3/4 Tbsp yeast

3 cups Canola Harvest  
margarine, melted\*

1 1/2 cups milk (2%)

1/2 cup white sugar

7 egg yolks

1/2 tsp salt

6 3/4 cups (or less) flour

\*This margarine comes in a 3 pound box. Only use 3 cups (1/2 a box). Freeze the rest for another time.

**Filling:** Make filling the day before. In a large heavy pot, heat milk, sugar and almond extract till hot. Mix while heating. Turn heat off burner. Grind poppy seeds in coffee bean grinder (I use 3 or 4 grinders, changing grinders every second hopper). Put ground poppy seeds in milk mixture, then let sit for 30 minutes, after 15 minutes, mix again. Bring poppy seed mixture to a boil and cook for 12 to 15 minutes, mixing while cooking or it will stick to bottom of pot. Put cooled poppy seed mixture in fridge overnight. Next day, heat again till warm, before spreading on dough. If poppy seed mixture is too stiff, add some more milk or if not sweet enough or flavoured enough, add some more sugar or extract.

**Dough:** Use the same measuring cup for water, milk and sugar. Put 3/4 cup warm water into a bowl and dissolve 1 teaspoon sugar and sprinkle yeast on top of water. Let rise for 10 minutes. Put the other 3/4 cup warm water into a large mixing bowl. In a bowl, put egg yolks, sugar, salt and 3/4 cup milk and beat with electric beaters for 2 minutes. Then add to water in mixing bowl, rest of milk (3/4 cup), melted margarine, egg mixture, yeast and 4 cups flour. Mix with wooden spoon about 2 minutes, then beat with electric beaters until smooth. Knead in rest of flour till smooth or you can use dough beaters. Cover bowl with a lid and wrap in a blanket for 15 minutes. This makes 6 medium loaves or 8 to 9 small.

Line pans with foil paper and oil lightly. Put dough on floured board and divide into 6 portions. Roll dough thin as for pie crust, then spread poppy seed mixture on dough, put same amount of poppy seed mixture on each roll. Roll up like jelly roll, pulling dough while rolling up. Put rolls into pans, let rise for 15 minutes, then brush tops with 1 whole beaten egg. Bake in 300°F oven for 1 hour and 9 minutes (depending on type of pans and oven). Take out of oven and let sit for 7 to 10 minutes, then lift out of pans with foil paper, tilt loaf to 1 side and slide cardboard covered with foil paper under roll and remove foil from loaf. After 1 hour, put rolls on other side to finish cooling.

## PUMPKIN PIE DESSERT

*Darlene Bailey*

### First Layer:

1 cup flour  
1 cup chopped pecans  
3 Tbsp white sugar  
1/2 cup margarine

### Second Layer:

8 oz pkg cream cheese  
2 Tbsp icing sugar  
3 cups whipped cream

### Third Layer:

16 oz can pumpkin  
2 pkg vanilla instant pudding  
mix

1 cup milk  
1 tsp cinnamon  
1/2 tsp ginger

1/4 tsp cloves

### Fourth Layer:

Whipped cream  
Chopped pecans

**First Layer:** Mix together until crumbly. Spread in a 9x13 inch pan and bake for 20 to 25 minutes at 325°F to 350°F.

**Second Layer:** Whip together. Spread on First Layer.

**Third Layer:** Mix together until thick and spread on Second Layer.

**Fourth Layer:** Top with more whipped cream and garnish with chopped pecans.

## RHUBARB TORTE

*Darlene Bailey*

1 cup graham wafer crumbs  
2 Tbsp sugar  
4 Tbsp melted margarine  
1 cup sugar  
2 Tbsp cornstarch  
4 cups sliced rhubarb

1/2 cup water  
1/2 cup whipping cream  
1/2 cup miniature  
marshmallows  
1 pkg instant vanilla pudding  
powder

**Crust:** Combine graham wafer crumbs, 2 tablespoons sugar and melted margarine. Save 4 tablespoons. Pack remainder in 8x10 inch pan.

Cook 1 cup sugar, cornstarch and sliced rhubarb with 1/2 cup water until thick. Add a few drops of red food color. Spread on wafer bottom and let cool. Whip whipping cream, add marshmallows and spread on rhubarb. Mix instant vanilla pudding mix as directed on package. Spread over last layer. Sprinkle with 4 tablespoons of crumbs and chill.

## SKOR DESSERT

*Carol Kydd*

Duncan Hines chocolate cake mix  
1 can Eagle Brand condensed milk

1 L tub Cool Whip  
5 Skor bars

Prepare 1 chocolate cake as directed on box in oblong pan. Bake. While still warm, poke holes and pour over Eagle Brand milk in holes. Cool. Mix Cool Whip with smashed Skor bars. Fold Skor bars in Cool Whip. Spread on cake. Refrigerate and serve. Yummy! Kids love.

**Helpful Hint:** Freeze Skor bars first. Chop.

## SWEETHEART TRIFLE

*Colleen Gordon*

1 pkg chocolate cake mix  
1 pkg peanut butter chips  
4 1/4 cups cold milk, divided  
1/2 cup whipping cream  
1/4 tsp vanilla extract

2 (5.9 oz) pkg instant chocolate pudding mix  
12 oz carton frozen whipped topping, thawed  
4 Nestle Crunch candy bars, crumbled

Prepare cake mix according to package directions. Pour batter into a greased 9x13 inch baking pan. Bake at 350°F for 30 to 35 minutes or until a toothpick inserted near center comes out clean. Cool on rack. In a heavy saucepan, combine chips, 1/4 cup milk and cream. Cook and stir over low heat until chips are melted. Remove from heat. Stir in vanilla. Cool to room temperature. Place remaining milk in mixing bowl and beat in pudding mixes on low speed for 2 minutes.

To assemble, crumble 1/2 of cake into a 4 quart trifle bowl. Layer with 1/2 of peanut butter sauce, pudding, whipped topping and candy bars. Repeat layers. Cover and refrigerate for at least 3 hours. Yield: 12 to 15 servings.

*Grandfather had a farm, his son has a garden and his grandson has a can opener.*

## HOLIDAY TRIFLE

*Sharon Bloor*

6 serving size pkg vanilla  
pudding and pie filling  
3 cups milk  
6 squares Baker's white  
chocolate  
500 mL container Cool Whip  
topping  
1 angel food cake, cut in 1/2

1/4 cup orange juice or orange  
liqueur  
2 1/2 cups fresh strawberries  
5 squares Baker's white  
chocolate, grated  
6 to 8 whole strawberries, for  
garnish

Cook pudding with milk according to directions on package. Remove from heat and stir in the 6 squares of white chocolate that have been coarsely chopped. Cover with plastic wrap and chill. When cool, fold in 1 cup of the Cool Whip topping. Cut angel food cake into 1 inch squares and drizzle with orange juice. In bottom of deep bowl, layer 1/2 the cake cubes, 1/2 the berries, 1/2 the pudding and 1/2 the grated chocolate. Repeat the layers, ending with grated chocolate. Top with remaining Cool Whip topping and garnish with whole berries.

## HEAVENLY HASH DESSERT

*Doreen Meyer*

1 L pineapple juice (1 box)  
1 1/2 cups sugar  
5 heaping Tbsp flour  
6 eggs  
3 Tbsp lemon juice  
3 large Tbsp butter  
4 pkg Dream Whip

1 1/2 cups milk  
2 Tbsp vanilla  
19 oz can sliced peaches  
10 oz can mandarin oranges  
2 cups green seedless grapes  
2 bananas

Fruit must be well drained. Make custard and drain fruit the night before. To make custard, mix flour and sugar together. Beat eggs and add to flour-sugar mixture. Add to pineapple juice in top of double boiler. Cook until thick. Remove from heat. Add butter, then lemon juice. Put in fridge to cool. Fruit also. Next day, whip Dream Whip with milk and vanilla until peaks form. Add to cooled custard. Just before serving, add green grapes and bananas. (Wash grapes and slice in half. Cut bananas vertically into quarters, then slice thinly.) Serves 15 to 18 people.

*Pray for a good harvest, but continue to hoe.*

## BEACH BERG PUDDING

*Marguerite Kelbach*

1 Tbsp butter  
1/4 cup sugar  
1/4 cup syrup  
1 cup flour  
1/2 tsp salt  
1 tsp baking powder  
1/2 tsp baking soda  
1/2 cup raisins

1/2 cup milk  
1 tsp vanilla  
Sauce:  
1/3 cup brown sugar  
1/3 cup syrup  
1/2 tsp vanilla  
3/4 Tbsp butter  
1 1/2 cups boiling water

Cream butter. Add sugar and syrup. Cream well. Add sifted dry ingredients alternately with milk. Add raisins and vanilla. Pour batter in greased baking dish, 9x11 inch pan.

Now combine sauce ingredients. Pour over batter. Bake at 350°F moderate oven for 45 minutes. The sauce will be on bottom when baked.

## CARROT PUDDING WITH CARAMEL SAUCE

*Mavis Boehmer*

**Pudding:**  
1 cup grated carrots  
1 cup white sugar  
1 cup grated potato  
1 cup flour  
1/2 cup raisins  
1 tsp baking soda  
1/2 cup currants  
1/4 cup mixed fruit  
1/2 cup butter

1/2 tsp each cloves, nutmeg,  
cinnamon  
Sauce:  
2 cups brown sugar  
1/4 cup butter  
Few grains salt  
2 Tbsp cornstarch  
2 Tbsp cold water  
1 tsp maple butter or rum  
flavoring  
2 cups boiling water

**Pudding:** Mix all ingredients. (Dissolve baking soda in 1/2 cup grated potato. Add last.) Put into 1 quart sealers and steam 2 hours in canner.

**Sauce:** Melt butter and sugar over low heat, stirring constantly. Add boiling water and stir until sugar is dissolved. Mix cornstarch with cold water and stir into sugar syrup. Cook and stir until sauce is thickened. Remove from heat. Add flavoring.

To serve, put pudding in individual bowls and pour sauce on top.

## BROWNIE PUDDING

*Norma Lindstrom*

1/2 cup sifted flour  
1 tsp baking powder  
1/4 tsp salt  
1/3 cup sugar  
1 Tbsp cocoa  
1/4 cup milk  
1 Tbsp melted shortening

1/2 tsp vanilla  
1/4 cup chopped nuts  
**Sauce Mixture:**  
1/2 cup brown sugar, packed  
1 Tbsp cocoa  
3/4 cup boiling water

Sift flour once, measure, add baking powder, salt, sugar, cocoa. Sift again. Add milk, shortening, vanilla. Mix only until smooth. Add nuts. Turn into small baking dish.

Mix brown sugar and cocoa and sprinkle over batter. Pour boiling water over batter (this forms a sauce in pan after pudding is baked). Bake in a moderate oven (350°F) for 30 to 40 minutes. Makes 6 to 8 servings. This recipe can be doubled.

## CINNAMON BUN PUDDING

*Patricia Gorius*

3 to 4 large cinnamon buns  
1/4 cup sliced candied cherries  
(optional)

6 eggs  
3 Tbsp granulated sugar  
2 1/2 cups milk

Preheat oven to 325°F. Lightly butter an 8 or 9 inch square baking dish. Slice buns into 1 inch cubes. There should be about 5 or 6 cups of cubes. Place cubes in prepared dish. Stir in cherries, if using. In a small bowl, whisk eggs with sugar and milk. Pour over cubes. Press cubes down gently, so that they are completely submerged. Bake in preheated oven until set, about 55 minutes. Serve hot, warm or cold. Pudding is wonderful for a brunch. Serves 9.

## HALF HOUR PUDDING

*Sheila McEwen*

1/4 cup brown sugar  
1 cup flour  
2 tsp baking powder  
3/4 cup milk  
Pinch salt

2 Tbsp cocoa  
1/2 cup raisins  
2 cups boiling water  
1 cup brown sugar  
1 Tbsp butter

Mix first 7 ingredients together well and put in baking dish. Then mix remaining 3 ingredients and pour over batter. Bake 25 minutes. Serve hot. Delicious topped with ice cream.

## **RICE PUDDING**

*Claudette Klotz*

**1/2 cup rice  
4 cups milk  
2 eggs**

**1/2 cup sugar  
3/4 tsp salt  
1/2 cup raisins**

Wash rice; cook in double boiler with milk until very soft, about 1 hour, stirring regularly. Beat eggs; add sugar and salt to egg mixture. Add egg mixture to rice, stir and cook 5 minutes. Add raisins if desired soaked in hot water and drained.

## **ANGEL LUSH**

*Tracy Elliott*

**4 serving pkg vanilla instant  
pudding  
1 can crushed pineapple,  
undrained**

**1 cup thawed Cool Whip  
topping  
1 store-bought prepared angel  
food cake  
10 fresh strawberries**

Mix dry pudding mix and pineapple with juice in a medium bowl. Gently stir in whipped topping. Cut cake horizontally into 3 layers. Place bottom cake layer, cut side up, on a serving plate; top with 1 1/3 cups of the pudding mixture. Cover with middle cake layer and additional 1 cup of the remaining pudding mixture. Top with remaining cake layer; spread with remaining pudding mixture. Refrigerate at least 1 hour. Top with strawberries just before serving. Makes 10 servings.

## **HONEY CARROT CAKE**

*Jennifer Yee*

**1 cup flour  
1 tsp baking soda  
1/2 tsp allspice  
1/2 tsp cinnamon  
1/4 tsp salt  
2 eggs, beaten**

**1/2 cup sugar  
1/2 cup liquid honey  
1/2 cup oil  
1 1/2 cups grated carrots  
1/2 cup chopped nuts  
(optional)**

Sift together flour, baking soda, allspice and salt. Set aside. Beat egg until light. Add sugar, liquid honey and oil to eggs and beat together. Add carrots, dry ingredients and nuts. Mix until combined. Pour into a greased 8x8 inch pan and bake for 25 to 35 minutes until done, oven temperature 350°F.

## TWO LAYER CARROT CAKE

*Myrna Switzer*

1 cup sugar  
1 cup Mazola oil  
3 eggs  
1/2 tsp salt  
1 1/3 tsp soda  
1 1/3 tsp baking powder  
1 1/3 tsp cinnamon  
1 1/3 cups flour  
2 cups grated carrots  
1/2 cup chopped nuts

1 cup chopped cherries  
1 cup crushed pineapple  
(drained)

**Frosting:**  
8 oz pkg Philadelphia cream  
cheese  
1/3 cup butter  
5 cups icing sugar  
2 tsp vanilla

Combine sugar and oil; beat well with mixer. Add eggs, beating in 1 at a time. Sift flour, salt, soda, baking powder and cinnamon. Add to egg mixture and mix well until blended. Fold in carrots, cherries, nuts and pineapple. Pour into greased and floured round cake pans. Bake at 350°F for 35 to 40 minutes. Cool. Combine cream cheese and butter. Slowly beat in icing sugar until thick. Add vanilla and mix well. Put layers together with jam or frosting. Ice cake and chill.

## CHOCOLATE TOFFEE SHEET CAKE

*Linda Chorney*

**Base:**  
2 cups white sugar  
1/4 cup cocoa  
4 eggs  
1 cup melted margarine  
2 tsp vanilla  
1 1/2 cups flour  
Scant tsp salt  
1 1/2 cups walnuts (optional)

**Sauce:**  
1 cup margarine  
1 1/2 cups brown sugar  
2 tsp syrup  
1 can Eagle Brand milk  
**Simple Chocolate Icing:**  
2 1/2 cups icing sugar  
1/2 cup cocoa  
6 Tbsp margarine  
1/2 cup milk or water  
1 tsp vanilla

**Base:** Mix well and spread on greased cookie sheet. Bake about 20 minutes at 350°F.

**Sauce:** Cook on low heat until thick, spread on cake base and return to oven until bubbly.

**Icing:** Cool cake and frost with chocolate butter icing. Place all ingredients in bowl. Beat until smooth.

## CHOCOLATE CAKE

*Louise Krug*

1 egg  
1 tsp baking soda  
1 tsp vanilla  
1 cup white sugar  
1/4 tsp salt  
1/2 cup boiling water

1/2 cup cocoa  
1/2 cup oil  
1 1/2 cups flour  
1 tsp baking powder  
1/2 cup sour milk

Put in bowl in order given. Add everything before stirring. Bake at 350°F for 15 to 20 minutes or until done.

## GARRETT'S CHOCOLATE CAKE

*Wanda Reece*

1/2 cup oatmeal  
1 cup boiling water  
2 eggs  
1 1/2 cups brown sugar  
1 tsp baking soda  
1 tsp boiling water

1/2 cup margarine  
1 cup flour  
2 Tbsp cocoa  
1 tsp baking powder  
Pinch salt  
1 tsp vanilla

Mix oatmeal and boiling water; set aside. Cream butter and sugar together. Add eggs and beat well. Mix baking soda with boiling water. Add to mixture. Add dry ingredients to mixture; mix well. Add vanilla and oatmeal mixture; mix again. Put in 9x9 inch cake pan. Bake at 325°F for 35 minutes.

## COCOA CHIFFON CAKE

*Darlene Bailey*

8 to 9 eggs, separated, room temperature  
1 Tbsp instant coffee  
1/2 cup cocoa  
3/4 cup boiling water  
1 3/4 cups once sifted all-purpose flour

1 3/4 cups granulated sugar  
2 tsp baking powder  
1 1/2 tsp baking soda  
1 tsp salt  
1/2 cup cooking oil  
2 tsp vanilla  
1/2 tsp cream of tartar

Preheat oven to 325°F. Combine coffee and cocoa, add water and stir until smooth. Cool. Sift flour, sugar, baking powder, baking soda and salt into a bowl. Make a well in centre. Pour in oil, slightly beaten egg yolks, vanilla and cocoa mixture. Beat until smooth. Beat egg whites with cream of tartar until stiff. Fold into flour mixture to blend. Pour into a 10 inch ungreased tube pan. Bake for 1 hour and 10 minutes until cake tests done. Invert suspended to cool. Frost, if desired.

## COOKIE SHEET CAKE

*Rose Bruce*

1 cup raisins  
2/3 cup boiling water  
1 tsp cinnamon  
1 tsp instant coffee  
1 cup sugar  
2 eggs

1/2 cup shortening  
2 cups flour  
1/2 tsp baking powder  
1/2 tsp soda  
1 tsp vanilla

Combine first 4 ingredients; set aside to cool.

**Batter:** Cream shortening and sugar. Add 1 egg at a time. Mix dry ingredients together. Add to creamed mixture alternately with raisin mixture. Add vanilla. Bake on greased cookie sheet, 15 1/2x10 1/2 inches, for 20 minutes at 350°F.

## DARK FRUIT CAKE FOR DIABETICS

*Lorena Robinson*

3 cups loosely packed raisins  
2 cups water  
2 cups chopped loosely packed dates  
5 Tbsp orange rind, chopped  
1 tsp nutmeg  
1 tsp salt

2 tsp cinnamon  
1 cup margarine  
2 tsp vanilla  
2 cups all-purpose flour  
1 tsp baking powder  
1/4 cup chopped walnuts  
2 Tbsp baking soda

Combine raisins, water, dates, orange rind, nutmeg, salt and cinnamon together in large saucepan. Boil 5 minutes. Add margarine to boiled mixture. Remove from heat and cool thoroughly. When cool, add remaining ingredients and mix well. Bake 1.5 hours at 350°F in an oiled angel food cake pan. Cool, remove from pan and cut.

## HURRICANE CAKE

*Shirley Spratt*

1 can cherry pie filling  
1 cup walnuts  
2 cups flour  
1 1/2 tsp baking soda

1/2 tsp sugar  
2 eggs  
2/3 cup oil  
1 tsp vanilla

Mix this cake in 9x13 inch pan in which it will be baked. Spread pie filling in bottom of pan. Sprinkle nuts over pie filling. Sift flour, soda and sugar and spread over nuts. Beat eggs, add oil and vanilla. Pour over the rest of the ingredients. Mix quickly with a fork. Bake at 350°F for 30 minutes or more. This is a very moist cake. It is best eaten the day it is made.

## DOWNSIDE-UP GINGER CAKE

Marg Teasdale

- |  |                                   |
|--|-----------------------------------|
| 4 Tbsp (60 mL) margarine or butter                       | 2 tsp each ginger and cinnamon    |
| 1/4 cup sugar  | 1/4 tsp baking soda               |
| 1/2 cup molasses   | 1/2 tsp baking powder             |
| 1 large egg  | 1 1/2 cups chopped fruit (approx) |
| 1/2 cup applesauce or 1 cup grated zucchini (not packed) | Whipped topping                   |
| 1 1/4 cups flour   |                                   |

Melt butter. Stir in sugar and molasses. Whisk in egg. Stir in applesauce. Stir in remainder. Grease 8x11 inch pan. Arrange fruit on bottom. Pour batter over. Bake at 350°F for 25 to 30 minutes. Serve warm or chilled with whipped topping or ice cream.

## DRUMSTICK CAKE

Carolyn Costack

### Base:

- 1 1/2 cups graham crumbs
- 3/4 cup chopped walnuts
- 1/2 cup melted butter or margarine
- 2 Tbsp peanut butter

### Filling:

- 250 g pkg cream cheese
- 1/2 cup sugar
- 3 eggs
- 1 tsp vanilla
- 1/2 cup peanut butter
- 1 large tub Cool Whip

**Base:** Mix all together. Put in 9x13 inch pan. Save some crumbs for top.

**Filling:** Beat cream cheese, sugar, peanut butter and vanilla. Blend eggs in 1 at a time. Fold in Cool Whip. Pour over base.

**Topping:** Brown Cow or Nestle chocolate syrup. Drizzle over top and cut with knife. Sprinkle with crumbs and freeze.

## MIRACLE WHIP CAKE

Doreen Lenius

- |                    |                       |
|--------------------|-----------------------|
| 1 cup white sugar  | 1/4 tsp salt          |
| 1 cup Miracle Whip | 1 cup warm water      |
| 2 cups flour       | 1 1/2 tsp baking soda |
| 1/2 cup cocoa      | 1 tsp vanilla         |

Mix first 2 ingredients together. Mix water, soda and vanilla together. Add first 2 mixtures alternately to a bowl in which flour, cocoa and salt have been combined. You may need a little more water. Bake at 350°F for 40 minutes or until done. Ice with butter icing.

## **NEVER FAIL PUFFED WHEAT CAKE**

*Darlene Bailey*

1/2 cup margarine  
1/2 cup corn syrup  
1/2 cup brown sugar  
4 Tbsp cocoa

1 tsp vanilla  
1 cup miniature marshmallows  
8 cups puffed wheat

Mix all but puffed wheat in a large pot. Use medium heat and melt marshmallows. Remove from heat and add puffed wheat; mix well. Spoon into a greased 9x13 inch pan. Cool. This cake will slice nicely and hold together well.

## **PUFFED WHEAT CAKE**

*Mavis Boehmer*

1 cup brown sugar  
1/2 cup honey or syrup

1/2 cup butter  
7 to 9 cups puffed wheat

Boil sugar and honey until soft ball stage. Remove from heat and add butter. Stir till melted. Pour over puffed wheat. Mix well. Put in well greased pan and press down.

## **PISTACHIO CAKE**

*Carol Coomber*

1 yellow cake mix  
1 pistachio pudding  
4 eggs

3/4 cup oil  
3/4 cup water  
1/2 cup sugar (white)

Grease bundt pan. Mix cake mix, pudding, eggs, oil and water together and beat for 3 minutes. Mix white sugar and cinnamon together in small bowl. Pour 1/2 of batter into pan. Put most of sugar mixture on top, then put rest of batter on top. Sprinkle with remaining sugar. Bake at 350°F for 50 to 55 minutes. Delicious.

## **POPCORN CAKE**

*Coleten Thompson*

1/4 cup margarine  
40 large marshmallows  
1/2 cup oil

2 cups jujubes or peanuts  
16 cups popped popcorn

Melt margarine, marshmallows and oil together. Pour over popcorn and jujubes. Mix well. Pour into a 9x13 inch or angel food pan and press firmly.

## ROALD'S FAVORITE

*Lorraine Thompson*

2 cups flour  
2 cups sugar  
1 tsp salt  
1 tsp baking powder  
2 tsp baking soda  
1/2 cup cocoa  
1 tsp vanilla  
2 eggs  
1 cup cold coffee

1 cup butter milk (or milk with 1  
tsp vinegar)  
1/2 cup oil  
Icing:  
3 Tbsp margarine  
3 Tbsp milk  
1 cup icing sugar  
1/2 cup semi-sweet chocolate  
chips  
1 tsp vanilla

**Cake:** Put all ingredients in a bowl. Beat 5 minutes. Bake in a 9x13 inch greased pan at 350°F for about 40 minutes, cupcakes about 20 minutes (until toothpick comes out clean).

**Icing:** Boil for 1 minute margarine, milk and icing sugar. Add semi-sweet chocolate chips and vanilla. Pour over warm cake. Icing hardens fast.

## STONE'S HILLBILLY CAKE

*Lorena Robinson*

1 cup sugar  
1/2 cup margarine or butter  
1 cup cold water  
1/2 tsp allspice  
1/2 tsp cloves  
1 cup raisins  
1/2 cup nut meats  
1 tsp cinnamon  
1/2 tsp salt

2 cups flour  
1 tsp soda  
1/3 cup melted butter (or  
more!)  
2/3 cup brown sugar (or more!)  
3 Tbsp cream or milk (or  
more!)  
1/2 cup coconut (or more!)

Boil first 9 ingredients together for 1 minute. Allow to cool. Add flour mixed with soda. Bake at least 1 hour at 350°F in 8x8 inch cake pan. Blend melted butter, brown sugar, cream or milk and coconut. Spread over cake and put under broiler until golden.

*What do you need to be the best? Everything you've got!*

## **RHUBARB CAKE**

*Doris Munoz*

1/2 cup margarine  
1 1/2 cups brown sugar  
1 egg  
1 cup sour milk  
1 tsp vanilla

2 cups sifted flour  
1 tsp salt  
1 tsp baking soda  
2 cups finely chopped rhubarb

Combine and mix all first 5 ingredients. Combine flour, salt and soda and add to wet ingredients. Fold in chopped rhubarb. Place in 9x13 inch pan. Cover with 1/4 cup white sugar and 1 teaspoon cinnamon. Bake at 350°F for 30 to 40 minutes.

## **ZUCCHINI CAKE**

*Marg Teasdale*

3/4 cup margarine  
3 eggs  
1/2 cup milk  
2 tsp lemon peel  
2 tsp vanilla  
2 cups grated zucchini  
2 1/2 cups flour  
2 1/2 tsp baking powder  
1 1/2 tsp baking soda

1 tsp cinnamon  
1/2 cup cocoa  
2 cups sugar  
Filling:  
8 oz pkg cream cheese  
1/3 cup sugar  
1 egg  
1/2 cup chocolate chips

Mix filling ingredients together. Cream margarine and sugar. Add eggs. Beat well. Stir in milk, vanilla, peel and zucchini. Add dry ingredients; mix well. Pour 1/2 batter in 9x13 inch greased pan. Add filling, then remaining batter. Bake at 350°F for 1 hour.

## **QUICK AND EASY CHEESECAKE**

*Lorna Bennett*

2 cups graham wafer crumbs  
1/4 cup sugar  
1/2 cup butter, melted  
8 oz cream cheese

1 cup icing sugar  
2 cups whipping cream or use  
1 L Cool Whip  
1 can cherry pie filling

Mix first 3 ingredients together and place in a 9x13 inch pan. Bake at 325°F for 5 minutes. Cool. Whip cream and fold into cheese mixture. Put on top of crumb mixture in pan. Cover with pie filling.

## BLACK BOTTOM CUPCAKES

*Katelyn Johnston*

### Filling:

8 oz pkg cream cheese,  
softened

1/3 cup sugar

1 egg

1/8 tsp salt

1 cup chocolate chips

### Cupcakes:

1 1/2 cups flour

1/2 tsp salt

1 egg

1 tsp baking soda

1/4 cup cocoa

1 cup water

1/3 cup vegetable oil

1 Tbsp vinegar

1 tsp vanilla

1 cup sugar

Combine all filling ingredients in a small bowl except for chocolate chips. Blend until smooth. Stir in chocolate chips and set aside.

Sift together flour, cocoa, salt, sugar and baking soda. Add egg, water, vinegar, oil and vanilla; beat until well combined. Fill paper lined muffin tins 1/2 full with chocolate batter. Drop a heaping teaspoon of each cheese mixture in centre of batter of each cupcake. Bake at 350°F for 25 minutes. Cool. Makes 20 to 24 cupcakes.

## BOILED RAISIN COOKIES

*Ashley Desjardins*

2 cups raisins

1 cup water

1 tsp baking soda

1 cup butter

2 cups brown sugar

3 eggs

3 cups flour plus 1 Tbsp

1/2 tsp salt

1 tsp cinnamon

1 cup chopped walnuts

1 tsp vanilla

1 tsp baking powder

In saucepan, bring raisins and water to a boil. Boil 5 minutes, then stir in baking soda. Let cool. Cream together butter, brown sugar and eggs. Stir in cooled raisins and water and beat. Add remaining ingredients and mix well. Drop by teaspoonfuls onto greased cookie sheet 2 inches apart. Bake at 350°F to 375°F for 10 to 20 minutes.

## CHOCOLATE OATMEAL DROPS

*Amy Johnston*

1/2 cup butter

1/2 cup milk

2 cups white sugar

6 Tbsp cocoa

3 cups oatmeal

1 cup coconut

Mix butter, milk, white sugar and cocoa together. Add oatmeal and coconut. Drop on waxed paper and chill.

## BUTTERSCOTCH CHIP COOKIES

*Darlene Bailey*

- |  |  |
|--|--|
| 1 cup butter or solid margarine,<br>softened, room temperature | 2 1/2 cups sifted all-purpose<br>flour |
| 3/4 cup white sugar  | 1 tsp baking soda                      |
| 3/4 cup brown sugar  | 1/2 tsp salt                           |
| 2 large eggs   | 1 to 2 cups butterscotch chips         |
| 1 tsp vanilla  | 1 cup chopped pecans                   |

Preheat oven to 375°F. With mixer, beat butter and sugars in a large bowl until light and fluffy. Add eggs and vanilla and continue beating until creamy. Combine flour, baking soda and salt in small bowl. Mix well. Stir flour mixture into egg mixture. Add chips and nuts. Drop rounded teaspoonfuls onto a greased cookie sheet. Bake for 8 to 10 minutes, until cookies are beginning to brown at edges and set, but are still soft in center. Makes 4 dozen cookies.

## CARAMEL COOKIES

*Taylor Cowen  
Ashley Desjardins*

- |                            |   |
|----------------------------|---|
| 6 Mackintosh's toffee bars | 4 cups corn flakes (or no name<br>Krisp Flakes) |
| 1 Tbsp butter              |   |
| 2 Tbsp milk                |   |

Melt toffee in microwave in microwave mixing bowl. Add butter and milk and stir until smooth. Add corn flakes while mixture is still warm. Drop teaspoonfuls on cookie sheet (cover cookie sheet with wax paper). Let cool and eat or refrigerate. These also freeze well.

## EBONY AND IVORY COOKIES

*Lorraine Thompson*

- |                             |                                     |
|-----------------------------|-------------------------------------|
| 1/2 cup butter or margarine | 1 large egg                         |
| 1/2 cup white sugar         | 1/2 tsp baking soda                 |
| 1/2 cup brown sugar         | 1 cup flour                         |
| 1 tsp vanilla               | 1 cup white chocolate chips         |
| 1/2 tsp salt                | 1 cup semi-sweet chocolate<br>chips |
| 1/3 cup cocoa               |                                     |

Cream butter, white sugar, brown sugar, vanilla and salt. Add egg and beat. Add cocoa, flour and baking soda. Mix in white and semi-sweet chocolate chips. Drop by teaspoonful on a greased cookie sheet. Bake at 325°F for 14 to 16 minutes.

## FRUITCAKE COOKIES

*Lucy Jones*

2 cups (500 mL) mixed glazed fruit  
1 cup (250 mL) raisins  
1 cup (250 mL) chopped pitted dates  
1 cup (250 mL) chopped pecans  
1/2 cup flour

1/2 cup hard margarine or butter, softened  
1 cup granulated sugar  
2 large eggs  
1 tsp vanilla  
1 cup flour  
1/2 tsp baking soda  
1/4 tsp cinnamon

Put first 4 ingredients into large bowl. Add first amount of flour. Stir until fruit is coated. Cream margarine and sugar in separate bowl. Add eggs, 1 at a time, beating well after each. Add vanilla. Beat till smooth. Combine second amount of flour, baking soda and cinnamon. Add to margarine mixture. Mix until no dry flour remains. Add to fruit mixture. Mix. Drop, using 1 1/2 tablespoons each, onto greased cookie sheet. Bake at 325°F for 15 to 18 minutes. Makes 3 to 5 dozen.

## GINGERSNAP COOKIES

*Vicki Renner*

1 1/2 cups butter  
2 eggs, beaten  
2 cups brown sugar  
1 cup molasses  
5 1/2 cups flour  
1 tsp salt

2 tsp ginger  
2 tsp cinnamon  
1 tsp cloves  
4 tsp baking soda, dissolved in water

Beat butter and sugar. Add eggs. Mix in rest of ingredients. Roll in balls and roll in sugar. Place on greased cookie sheets. Bake at 350°F for 10 to 12 minutes.

## SOFT GINGER SNAPS

*Mavis Boehmer*

1 cup sugar  
1 cup melted lard  
1/2 cup molasses  
1 Tbsp ginger  
3 Tbsp vinegar

1 Tbsp cinnamon  
2 eggs, beaten  
1 cup sour milk  
4 1/2 cups flour, or enough flour to roll soft

Mix in order given and bake at 350°F.

## GUMDROP COOKIES

*Doris Munoz*

1/2 cup shortening  
1/2 cup brown sugar  
1/2 cup white sugar  
1 egg  
1 cup rolled oats  
1 cup corn flakes

1 cup flour  
1/2 tsp salt  
1/2 tsp baking soda  
1 tsp baking powder  
1/2 cup gumdrops, cut up  
1/2 cup coconut

Cream shortening and sugar. Add egg and beat until fluffy. Sift flour, salt, soda and baking powders. Add to creamed mixture and beat until well blended. Add gumdrops, coconut, rolled oats and corn flakes. Blend into dough and drop by teaspoonful on baking sheet 2 inches apart. Bake at 350°F for 15 minutes (lightly browned).

## JUMBO RAISIN COOKIES

*Nathan Boehmer  
Tayler Cowen*

2 cups raisins  
1 tsp baking soda  
2 cups sugar  
1 cup butter  
1/4 tsp allspice  
3 eggs  
1 tsp cinnamon

4 cups flour  
1/4 tsp nutmeg  
Pinch salt  
1 tsp vanilla  
Nuts, if desired  
1 cup water

Simmer raisins in water. Cream butter and sugar. Beat eggs well and add rest of ingredients except raisins and vanilla. Add them last. Bake at 350°F.

## MOLASSES SUGAR COOKIES

*Darlene Bailey*

3/4 cup margarine  
1 cup granulated sugar  
1/4 cup molasses  
1 egg  
2 tsp baking soda  
2 cups flour

1/4 tsp cloves  
1/2 tsp ginger  
1 tsp cinnamon  
1/2 tsp salt  
Extra sugar, for dipping

Melt margarine and let cool. Add sugar, molasses and egg; beat well. Sift flour, baking soda, cloves, ginger, cinnamon and salt; add to first mixture. Mix well and chill. Roll in balls, dip in sugar, flatten with bottom of a glass. Bake at 375°F for 8 to 10 minutes.

## MUD PIES

*Doris Munoz*

2 cups white sugar  
1/2 cup shortening  
1 tsp vanilla  
1/2 cup milk  
5 Tbsp cocoa

1/2 tsp salt  
3 cups quick-cooking oats  
1 cup fine coconut  
1/2 cup walnuts (if desired)

In saucepan, bring all but oats and coconut to boil. Remove from heat at once. Add oats and coconut. Stir well. Cool a little, then drop in neat teaspoonful on waxed paper covered cookie sheet. Allow to harden.

## OREO COOKIES

*Kyle Desjardins  
Tayler Cowen*

1 pkg Duncan Hines chocolate  
cake mix  
2 eggs  
1/3 cup oil

**Filling:**  
4 oz cream cheese  
2 Tbsp soft margarine  
2 cups icing sugar

Mix cake mix, eggs and oil together. Drop by teaspoonfuls on cookie sheet. Cook at 350°F for 10 minutes. They'll look undercooked. Allow to cool.

**Filling:** Mix cream cheese, margarine and icing sugar together. Spread between 2 cookies.

## RASPBERRY SWIRL COOKIES

*Darlene Matchett*

1 cup shortening  
1 cup brown sugar, packed firm  
3/4 cup white sugar  
2 eggs  
1/2 cup water  
1 tsp almond extract

3 1/4 cups flour  
1 tsp soda  
1 tsp salt  
2 cups flaked coconut  
Raspberry jam

Mix shortening, brown sugar and white sugar together. Add slightly beaten eggs, water and almond extract. Then add flour, soda, salt and coconut. Drop 2 inches apart on ungreased cookie sheet. Make a cavity in cookie and fill with raspberry jam. Top with 1/2 teaspoon cookie mixture. Bake in 350°F oven for 12 to 13 minutes.

## SMARTIE DROP COOKIES

*Sharon Kupchyk*

1 cup margarine  
1 cup brown sugar  
1/4 cup white sugar  
2 tsp vanilla

2 eggs  
2 1/4 cups flour  
1 tsp salt  
1 1/2 cups Smarties

Cream margarine, sugar and vanilla. Add beaten eggs. Sift dry ingredients and fold into other mixture. Last of all, add Smarties. Drop soft balls of dough on ungreased cookie sheet and bake 10 minutes at 350°F.

## SMARTIE COOKIES

*Mavis Boehmer*

1 cup shortening  
1 cup brown sugar  
1/2 cup white sugar  
2 eggs  
2 tsp vanilla

2 1/4 cups flour  
1 tsp baking soda  
Pinch salt  
1 cup Smarties or chocolate chips

Blend shortening and sugar in large bowl. Beat in vanilla and eggs. Mix dry ingredients. Combine all ingredients and Smarties. Drop from spoon to cookie sheet. Stick a few Smarties on top. Bake at 350°F for about 10 minutes.

## HEATHER'S BROWNIES

*Patricia Gorius*

1.5 cups flour  
1 tsp salt  
2 cups sugar  
1/2 cup cocoa  
2 tsp vanilla  
1 cup oil (Crisco)  
4 eggs  
1/4 cup cold water

1/2 cup walnuts  
Icing:  
2 squares semi-sweet chocolate  
1 cup icing sugar  
1 egg, beaten  
2 Tbsp butter  
1 tsp vanilla

Put all ingredients in beater bowl and beat on low speed, scraping sides frequently. Butter pan, push into corners and smooth top. Bake at 350°F for 30 minutes. Use 9x13 inch pan. Ice.

**Icing:** Melt chocolate and stir in icing sugar, egg, butter and vanilla. Remove from heat at once and cool, then spread over brownies.

## TEXAS BROWNIES

*Marianne Smisko*

2 cups all-purpose flour  
2 cups granulated sugar  
1/2 cup (1 stick) butter or  
margarine  
1/2 cup shortening  
1 cup strong brewed coffee or  
water  
1/4 cup dark unsweetened  
cocoa  
1/2 cup buttermilk  
2 eggs

1 tsp baking soda  
1 tsp vanilla  
Frosting:  
1/2 cup (1 stick) butter or  
margarine  
2 Tbsp dark cocoa  
1/4 cup milk  
3 1/2 cups unsifted powdered  
sugar  
1 tsp vanilla

In a large mixing bowl, combine flour and sugar. In heavy saucepan, combine butter, shortening, coffee or water and cocoa. Stir and heat to boiling. Pour boiling mixture over flour and sugar in bowl. Add buttermilk, eggs, baking soda and vanilla. Mix well, using wooden spoon or high speed on electric mixer. Pour into well buttered 17 1/2x11 inch jelly roll pan. Bake at 400°F for 20 minutes or until brownies test done in center.

While brownies bake, prepare frosting. In a saucepan, combine butter, cocoa and milk. Heat to boiling, stirring. Mix in powdered sugar and vanilla until frosting is smooth. Pour warm frosting over brownies as soon as you take them out of oven. Cool. Cut into 48 bars.

**Tip:** If no buttermilk, substitute 2 teaspoons vinegar or lemon juice mixed into 1/2 cup milk or use powdered buttermilk.

Recipe is for 1 (17 1/2x11 inch baking pan (cookie sheet)). Makes 48 brownies.

## APRICOT SLICE

*Patricia Gorius*

1/2 cup shortening  
1 1/2 cups brown sugar  
1 cup flour  
1/2 tsp baking powder  
1/2 tsp salt

2 eggs  
1 tsp vanilla  
1/2 cup dried apricots, cut up  
1 cup fine coconut  
1 cup chopped walnuts

Cream shortening and sugar. Add beaten eggs. Sift flour, baking powder and salt. Bake at 350°F in 9 inch pan for about 40 minutes. Can ice when cool.

## APPLE SQUARES

*Shirley Spratt*

2 1/2 cups flour  
1/2 tsp salt  
1 Tbsp sugar  
1 cup lard or 1/2 cup lard and  
1/2 cup margarine  
2/3 cup milk

1 egg, separated

Filling:

Apples, enough to make filling  
for pie (or use 2 to 3 cans  
ready made pie filling, any  
flavor you like)

Use a cookie sheet for this recipe. Mix dry ingredients and cut in lard/margarine. Beat egg yolk and milk, add to dry ingredients and mix. Place 1/2 the dough on a large cookie sheet and press into pan going up edges of pan (this makes it easier to seal when you put top crust on top). Cook and flavor apples to taste as you would for a pie; spread on bottom crust. Using other 1/2 of dough, roll top crust. Prick and place on top. You may find it easier to quarter top and bottom crust to fit on pan. Seal edges if possible. Brush top with egg white and sprinkle with sugar. Bake in 400°F oven for 30 minutes.

## BY-CRACKY BARS

*Patricia Gorius*

3/4 cup butter or margarine  
2 eggs  
1 tsp vanilla  
1 tsp salt  
6 oz pkg chocolate chips  
1 cup sugar

1/3 cup milk  
1 3/4 cups flour  
1/4 tsp baking soda  
About 7 graham wafers  
(double)

In a beater bowl, cream together butter and sugar until light and fluffy. Add eggs and combine well. Stir in milk and vanilla. In another bowl, stir together flour, salt and baking soda and combine thoroughly with creamed mixture. Spread 1/3 of this batter evenly over bottom of an ungreased 13x9 inch pan. Arrange 1 layer of whole graham wafers over batter. Stir chocolate chips into remaining 2/3 of the batter and spread this mixture evenly over graham wafers. Bake at 375°F for 20 to 25 minutes.

If desired, frost with orange icing made by mixing together 1 3/4 cups icing sugar and 4 tablespoons orange juice. Cut into bars while warm. Coconut could also be added to the mixture.

## CARAMEL RICE KRISPIE SQUARES

*Linda Chorney*

- |                               |                              |
|-------------------------------|------------------------------|
| 1/4 cup margarine             | 2 pkg caramels (2 cups) or 5 |
| 5 cups miniature marshmallows | toffee bars                  |
| 1/2 tsp vanilla               | 1 can Eagle Brand milk       |
| 6 cups Rice Krispies          | 1 pkg small marshmallows     |
| Filling:                      | (put on top of filling)      |
| 1/2 cup margarine             |                              |

Melt margarine and marshmallows. Add vanilla and Rice Krispies. Spread on a cookie sheet. Melt filling ingredients except for marshmallows. Pour over cake. Sprinkle marshmallows on top and push down into filling. Make 1 more Rice Krispie cake for top, pressing down on top of filling.

## COCOA FINGERS

*Margaret Tetlock*

- |                             |                           |
|-----------------------------|---------------------------|
| 1/2 or 3/4 cup butter       | 2 or 3 rounded Tbsp cocoa |
| 1 or 1 1/4 cups brown sugar | 2/3 or 1 cup flour        |
| 1 or 2 eggs                 | 1 cup walnuts or pecans   |

Use smaller amounts for small pan, larger for large pan. Mix in order given. Add nuts last. Spread in a greased 9x13 or 8x8 inch pan. Bake 20 minutes in 350°F oven. Cool and ice. Cut into fingers.

## COOKIE SHEET SLICE

*Gladys Davis*

- |                         |                                    |
|-------------------------|------------------------------------|
| 1 cup margarine         | 1/4 tsp salt                       |
| 1 1/2 white sugar       | 1 can fruit pie filling (any kind) |
| 4 eggs                  | Glaze:                             |
| 1 tsp vanilla           | 1 cup icing sugar                  |
| 3 cups flour            | 1 Tbsp lemon juice                 |
| 1 1/2 tsp baking powder | Warm water                         |

Cream margarine, sugar, eggs and vanilla. Stir flour, baking powder and salt together in a bowl. Add to creamed mixture. Spread 2/3 of batter on greased 10x15 inch cookie sheet. Spread on fruit pie filling. Drop remaining dough on top. Bake in 350°F oven 30 to 40 minutes. Mix icing sugar, lemon juice and warm water to make glaze. Drizzle over hot cake.

*Be not simply good; be good for something.*

## GRANOLA BARS

*Judy Tilling*

3 cups oatmeal  
1 cup slivered almonds  
1 cup raisins  
1 cup dried apricots (chopped)  
1/3 cup sunflower seeds

1/3 cup sesame seeds  
1/3 cup coconut  
1 can Eagle Brand condensed milk  
1/2 cup melted margarine

Melt margarine in large plastic bowl. Add milk and warm to mix together. When well mixed, add all dry ingredients, nuts, seeds, fruits. Put tin foil on small cookie sheet (10x14 inches). Grease foil. Spread mixture on foil covered pan. Press down. Bake at 320°F for 20 minutes. When browned, remove from oven and remove foil from back of cooked bars. Let cool before you cut into bars. The bars can be wrapped in tin foil to be ready to take on a hike, etc.

## PEANUT BUTTER SLICE

*Lucy Jones*

1 cup peanut butter  
1/2 cup corn syrup  
1/2 cup brown sugar  
2 cups Rice Krispies  
1 cup corn flakes

Icing:  
2 cups brown sugar  
1/2 cup milk  
1/2 cup margarine

Melt peanut butter, corn syrup and brown sugar in large saucepan. Remove from heat; add cereals. Pat firmly into a 9x13 inch pan.

**Icing:** Combine brown sugar, milk and margarine in a heavy saucepan. Boil for 2 minutes, stirring constantly. Beat with electric mixer until stiff and will spread smoothly (approximately 5 minutes). Spread onto cake immediately.

## TOFFEE BARS

*Marge Wilson*

Graham wafers  
1 cup chopped almonds

1 cup butter or margarine  
3/4 cup brown sugar

Lightly grease a large size cookie sheet. Cover sheet with graham wafers. Sprinkle wafers with slivered or chopped almonds. Melt butter/margarine with brown sugar, bring to boil and boil 1 minute. Drizzle this over wafer-nut mixture and spread to cover. Bake 2 minutes at 375°F and then lower heat to 250°F and continue baking 8 minutes longer. While still quite warm, cut into pieces. (I cut each wafer in half.) Remove from cookie sheet to cool. Makes about 70 pieces.

## TOFFEE BARS

*Jean Scott*

### Base:

1 cup margarine (I use butter)  
4 Tbsp icing sugar  
2 cups flour  
1 tsp baking powder

### Topping:

1 cup brown sugar  
1 cup margarine (I use butter)  
4 Tbsp cornstarch  
2 tsp vanilla (I sometimes use  
lemon juice instead)  
1 can Eagle Brand

**Base:** Mix together and bake in 9x13 inch pan at 350°F for 10 minutes.

**Topping:** Melt butter and sugar, add rest of ingredients and bring to a boil. Boil 5 minutes. Watch carefully, it burns easily. Pour over base and you can top with slivered almonds or Brazil nuts.

## TOFFEE SLICE

*Claudette Klotz*

8 bars Mackintosh's toffee  
1/4 cup whipping cream  
1/4 cup butter

4 cups corn flakes or Special K  
2 cups pecans

Break toffee bars into small pieces. Melt toffee with cream and butter in big sauce pan or in microwave on low heat. Mix in corn flakes or Special K and pecans. Spread in 9x13 inch pan. When cool, cut into small bars.

## NEVER FAIL PASTRY

*Mavis Boehmer*

5 cups flour, sifted  
1 lb shortening or lard  
1 1/2 tsp salt  
1/2 tsp baking powder

2 Tbsp brown sugar  
1 egg  
2 Tbsp vinegar  
3/4 cup water

Mix flour and lard really well till all is crumbly, then add remaining dry ingredients. Mix well. Beat egg, vinegar and water in measuring cup. Add liquid to dry and mix well. Chill for 1/2 hour, then roll out and use.

*No rule for success will work...if you don't.*

## PIE PASTRY

*Kathleen Posehn*

1 lb shortening or lard (2 cups)	1 tsp salt
1 Tbsp sugar	1 egg
5 cups flour (level and unsifted)	1 Tbsp vinegar
1 tsp baking powder	2/3 cup water

Bake at 425°F for 15 minutes and 350°F for 45 minutes.

Pre-mix sugar, flour, baking powder, salt. Cut shortening into flour mixture with a pastry cutter until well mixed and pebble sized. To a liquid measuring cup, add egg (lightly beaten), vinegar and enough water to make a full cup. Add this liquid to flour mixture. Mix with a fork (do not use hand) until soft dough (not sticky). Use rolling pin and roll out on a smooth well floured surface (can use sheet of unfloured wax paper). Roll until larger than pie plate. Place in pan. Cut edges even with pan edge. Place filling in pastry bottom. Wet lip with water. Roll out top crust 1/2 inch larger than pan. Fold top crust edge under bottom crust edge. Flute with fingers. (If cut the same size as bottom crust, just press with a floured fork.) Cut out vents in top crust. Can cover edge with tin foil ring and bake.

## APPLE PIE

*Kathleen Posehn*

1/3 cup flour	4 cups apples
3/4 to 1 cup sugar	Unbaked pastry, top and bottom crust
1/2 tsp cinnamon	9 inch pie plate (pan)
1/2 tsp nutmeg	
1/8 tsp salt	

Pre-mix flour, sugar, cinnamon, nutmeg, salt. Use Granny Smith apples (peeled, cored and sliced) or Heyer #12 (unpeeled and cored into wedges with apple corer). Place apples into bottom crust (unbaked) in pie pan. Sprinkle mixture over apples. Dot with butter. Place top crust on and bake at 425°F for 15 minutes and then turn down to 350°F for another 45 minutes. Can brush top crust (not edges) with milk and sprinkle lightly with sugar. (Can use fresh or frozen apples.) Can also use a ring of tin foil to keep edges from over cooking. Cut vents in top crust and bake.

*Bloom where you are planted.*

## GERMAN APPLE PIE

*Hazel Rodger*

9 inch unbaked pie shell  
5 cups peeled and sliced  
apples  
2 Tbsp flour  
Scant 3/4 cup brown sugar

1 cup commercial sour cream  
1 Tbsp brown sugar and 1/4  
tsp cinnamon, to sprinkle on  
top

Slice apples into a bowl. Combine flour, 3/4 cup brown sugar and cream; mix well with apples. Pour into unbaked pie shell. Bake at 425°F for 15 minutes. Reduce heat to 350°F and bake 35 minutes longer or until apples are tender. Turn off oven and remove pie. Sprinkle sugar-cinnamon mixture on top and return to oven until sugar is melted. This is delicious warm or cold.

## ICE CREAM PIE

*Wanda Reece*

1 cup boiling water  
1 pkg Jello (any flavor)  
3 cups vanilla ice cream

1 baked pie shell or graham  
crust

Don't make this on a humid day. It won't set.

Dissolve Jello in boiling water. Stir in ice cream until completely blended. Pour into pie shell and chill until stiff.

## RHUBARB CUSTARD PIE

*Doreen Meyer*

8 cups red rhubarb, cut up  
Pie pastry  
1 cup raisins, washed  
4 eggs  
2 heaping Tbsp flour

1 1/2 tsp salt  
3 cups sugar  
1/2 cup milk or cream  
Cinnamon  
1 tsp vanilla

Prepare pie pastry and line a 9x13 inch pan (bottom and sides). Prepare rhubarb (wash and cut up). Wash raisins. Preheat oven to 425°F, then prepare custard. Do not add custard until ready to bake.

**Custard:** Mix 1 1/2 cups sugar and flour together. Beat eggs until light and foamy. Add sugar/flour mixture to eggs. Add salt, vanilla and milk. Mix well. Mix 1 1/2 cups sugar with rhubarb and raisins. Place over pastry. Pour custard over rhubarb. Sprinkle generously with cinnamon. Bake at 425°F for 10 minutes, then at 375°F for 30 to 40 minutes until custard is set (knife inserted in centre comes out clean).

## **SOUR CREAM RHUBARB PIE**

*Patricia Gorius*

**2 cups rhubarb  
1 cup brown sugar  
3 eggs, well beaten**

**1 tsp vanilla  
1/2 cup sour cream**

Put rhubarb in pie shell. Mix sugar, eggs, vanilla and sour cream. Pour mixture over rhubarb and bake. Single crust (filled) at 450°F for 10 to 15 minutes, then 350°F for 25 to 30 minutes or shell only at 450°F for 8 to 10 minutes, then cook as normal pie.

## **PECAN PIE**

*Ashley Desjardins*

**3 eggs  
1/2 tsp salt  
1 cup corn syrup  
2/3 cup sugar**

**1/3 cup melted butter  
1 cup pecan halves  
1 unbaked pie shell**

Put pecans in bottom of pie shell. Mix all other ingredients together. Pour into pie shell. Preheat oven to 375°F. Bake for 40 to 50 minutes.

## **SOUR CREAM RAISIN PIE**

*Lorna Bennett*

**1 cup sour cream  
1 cup raisins  
1/2 cup sugar  
2 egg yolks**

**1 tsp cinnamon  
1/2 tsp salt  
1 tsp soda**

Cook raisins, sour cream, sugar, egg yolks, salt and cinnamon in a pot. Stir constantly till thick. Before removing from stove, add soda and stir quickly. Pour into a baked pie shell (8 or 9 inches). Make meringue with whites of eggs. Bake in 400°F oven till browned.

## **SOUR CREAM RAISIN PIE**

*Patricia Gorius*

**1 1/2 cups sour cream  
3/4 cup sugar (or 1/2 cup)  
2 eggs  
1 Tbsp flour**

**1/2 tsp cinnamon  
1/2 tsp nutmeg  
1 1/2 cups raisins**

You could add 1/8 teaspoon cloves, if you like.

Boil raisins first, then add other ingredients and stir until thickened. Pour into an unbaked pie crust and bake without an upper crust at 425°F for 10 minutes, then 350°F for 25 to 30 minutes.

## SASKATOON PIE OR COBBLER

*Jean Scott*

1/2 cup white sugar  
1 1/2 Tbsp cornstarch  
1/2 cup water (to water, I add 1  
Tbsp lemon juice)  
2 cups saskatoon berries (fresh  
or frozen)

**Cobbler Crumbs:**  
1/2 cup flour  
1/3 cup rolled oats  
1/2 cup brown sugar  
1/4 cup melted margarine or  
butter  
1/2 tsp cinnamon

For a large pie, double recipe. Put ingredients in a pot and cook until thick and bubbly. Pour filling into an unbaked pie shell and cover with pie topping. Bake for 1 hour (I bake it for 50 minutes at 375°F, then for 10 minutes at 350°F, depending on your oven).

**For a Cobbler:** Put cooked filling into casserole or pan and cover with crumbs. (Mix together flour, rolled oats, brown sugar, melted margarine or butter and cinnamon until crumbs form, then put on top of filling.) Bake in oven for about 45 minutes at 350°F.

## SANDY'S SASKATOON PIE

*Sandra Craig*

4 to 5 cups saskatoon berries  
1 Tbsp flour  
1 Tbsp sugar  
3/4 cup white sugar

1 Tbsp flour  
1/2 tsp salt  
1 Tbsp lemon juice  
Dots cold butter

Will take 4 to 5 cups of berries, depending on size.

Mix flour and 1 tablespoon sugar for bottom crust. Sprinkle the mixed flour and sugar on the bottom pie crust to prevent leaking through. Pour berries into bottom crust. Mix sugar, flour and salt to pour over berries. Dot top of berry mixture with butter and apply top crust. Bake at 425°F for 10 minutes, then 375°F for 25 minutes or until done.

Frozen berries work fine but thaw and make sure excess liquid is drained off. Top off with a scoop of vanilla ice cream. Enjoy.

*Doing beats stewing.*

## IMPOSSIBLE PUMPKIN PIE

*Gladys Davis*

14 oz can unsweetened  
pumpkin  
2 eggs  
1/4 cup white sugar plus 1/4  
cup sweetener (Splenda)  
1/2 cup Bisquick

1 Tbsp margarine  
14 oz can evaporated milk  
1 tsp cinnamon  
2 tsp pumpkin pie spice (or 1/2  
tsp allspice, 1/4 tsp cloves,  
1/4 tsp ginger)

Blend all ingredients together. Put into a deep 9 inch pie plate which you have precoated with nonstick cooking spray. Bake 40 minutes at 375°F.

## BUTTER TARTS

*Norma Lindstrom*

2 eggs, beaten slightly  
2 cups light brown sugar  
Vinegar or lemon juice  
1 tsp vanilla

1/2 cup butter, melted  
1 1/3 cups light colored raisins,  
chopped  
Pastry

Line tart tins with pastry. Beat eggs slightly. Stir in sugar, then add lemon juice or vinegar to taste (start with 1 teaspoon) and vanilla. Add melted butter and fruit. Fill shells 2/3 full of mixture. Bake 7 minutes in hot oven (450°F). Reduce temperature to 350°F for up to 20 minutes depending on size of shells. Cool tarts on rack. Do not overbake!

## MAID OF HONOUR TARTS

*Ann Dobra*

18 tart shells (can use 2 inch  
shells)  
1 cup brown sugar  
2 eggs  
1/4 cup margarine

1 tsp vanilla  
Salt  
3 Tbsp milk  
3/4 cup coconut  
1/2 Tbsp baking powder

Place 1 teaspoon of any jam in each unbaked shell. Beat all ingredients together. Spoon mixture over jam in tart shell. Bake at 425°F for about 15 minutes.

## CREAM CHEESE ICING (For Carrot Cake)

*Jennifer Yee*

2 oz cream cheese  
1 tsp vanilla

1/4 cup margarine  
1 cup icing sugar

Beat cream cheese until soft. Add margarine and cream well. Add vanilla and icing sugar, then beat until smooth.

## CARAMEL ICING

*Rose Bruce*

**1 cup brown sugar**  
**1/2 cup butter**  
**4 Tbsp milk**

**1/2 tsp vanilla**  
**1 cup icing sugar**

Melt brown sugar and butter in saucepan. Add milk and vanilla. Boil 1 minute. Beat in icing sugar. This icing is very good on cookie sheet cake.

## FLUFFY FROSTING

*Wanda Reece*

**Margarine, size of an egg**  
**1 egg**  
**icing sugar, enough until it is**  
**easy to spread**

**2 Tbsp cocoa (if making**  
**chocolate icing) or lemon,**  
**vanilla or other flavouring**

Cream margarine. Add egg slowly. Add icing sugar together with cocoa or whatever flavouring you wish until desired spreading consistency.

## ROYAL FROSTING

*Doris Munoz*

**1 cup confectioners' sugar**  
**1/4 tsp cream of tartar**

**1 egg white**  
**1/3 cup boiling water**

Mix all ingredients together. Add boiling water. Beat on high for 6 to 10 minutes until frosting forms peaks. Makes approximately 2 cups.

## HOT FUDGE SAUCE

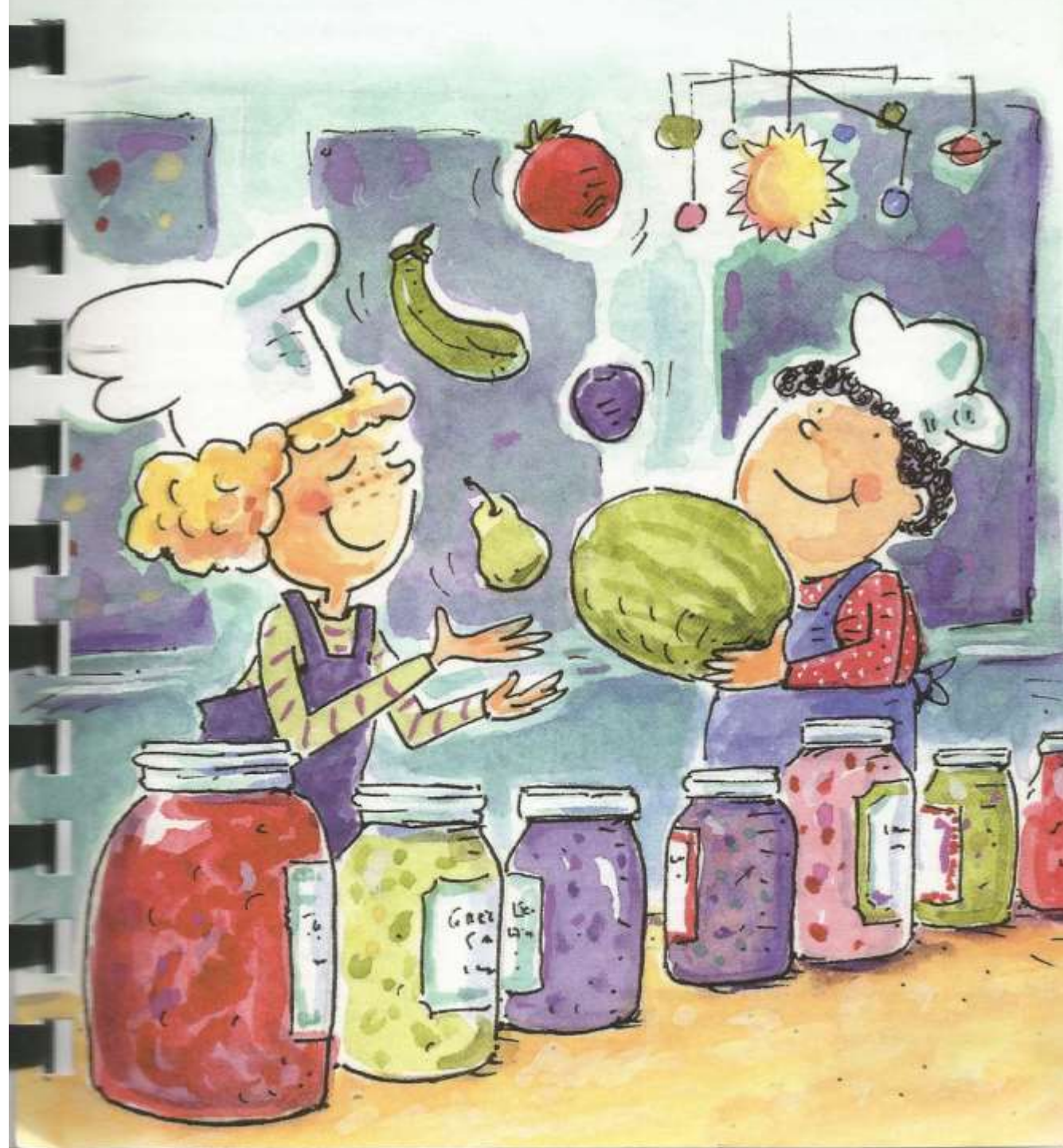
*Myrtle Howe*

**2 cups canned milk**  
**1 cup sugar**  
**4 Tbsp cocoa**

**1/4 cup butter**  
**1 tsp vanilla**

Make in double boiler (or pot). Melt butter and cocoa. Add to milk, vanilla and sugar. Boil hard for 5 to 10 minutes. Thicken with 2 tablespoons cornstarch. Cook for 5 to 10 minutes longer. Very good on cake or ice cream.

# Canning



## SPICE GUIDE

Keep spices in tightly covered containers, in a cool dry place. After about a year spices tend to lose flavor so more may be needed for seasoning. Spices should enhance, not overpower, the flavor of food; always use moderation and taste before adding more. Overheating can cause spices to turn bitter. During lengthy cooking add spices during last half hour of cooking time. Usually 1 teaspoon of dried herb equals 1 tablespoon of fresh.

**Allspice:** Flavor a blend of cinnamon, cloves, nutmeg. Meat dishes, egg dishes, fish, gravies, pickles, relishes, tomato sauce, fruit preserves, cakes, cookies and pastries.

**Anise:** Licoricelike flavor. Meat and poultry dishes, vegetables, fruits, cakes, cookies, candies.

**Basil:** Pungent, sweet aroma. Broiled and roasted meats and poultry, fish, egg dishes, soups, vegetables, tomato dishes, pasta, dressings, stuffing and sauces.

**Bay leaf:** Strong flavor. Stews, soups, vegetables, pickles, gravies, sauces, marinades.

**Caraway:** Sweet, slightly sharp flavor. Meat loaves and stews, bread, potroasts, vegetables, salads, cheese spreads, dips, sauces.

**Cardamom:** Pungent, aromatic seed. Breads, pastries, cookies, fruits, meats, poultry, fish.

**Cayenne:** Red pepper, very hot. Meats, seafoods, egg and cheese dishes, soups, sauces, dips, spreads, French dressing.

**Celery Salt or Seed:** Tangy, celery taste. Meat, fish, stews, cheese or egg dishes, sauces, spreads, dressings, stuffings.

**Chili Powder:** Hot, peppery blend of herbs and spices. Spanish or Mexican dishes, bean and rice dishes, barbeque and cocktail sauces, spreads, dressings, dips, egg dishes, vegetables.

**Chives:** Sweet, delicate onion flavor. Fish, poultry, egg or cheese dishes, vegetables, soups, salads, dressings.

**Cinnamon:** Sweet, spicy aroma. Breads, cookies, cakes, desserts, pastries, beverages, sauces, vegetables.

**Cloves:** Strong, spicy-sweet aroma. Pork and lamb dishes, barbeque sauce, pickles, relishes, fruits, breads, cakes, cookies, desserts.

**Coriander:** Flavor like sage and lemon rind. Curries, stews, pickles, bean and rice dishes, breads, cookies and gingerbread, cakes.

**Cumin:** Strong, slightly bitter, lemon flavor. Spanish, Mexican and Eastern dishes, stews, pickles, tomato dishes.

**Curry powder:** A blend of many spices; warm and sharp to hot and spicy. Meat, poultry, seafood, egg and cheese dishes, soups, sauces, seafood salads, dips, cheese spreads, rice dishes.

**Dill Weed or Seed:** Mild, slight carawaylike flavor. Meats, poultry, fish, seafood, stews, soups, salads, sauces, dressings, dips, pickles, breads, egg dishes.

**Ginger:** Pleasant odor, pungent taste. Oriental dishes, meats, poultry, vegetables, fruits, salad dressings, pickles, jams, marinades, breads, cookies, pies, cakes, desserts.

**Mace:** Like nutmeg. Veal, fish, stews; egg, cheese and vegetable dishes, soups, sauces, cakes, cookies.

**Marjoram:** Spicy, sweet aroma. Roasted meats and poultry, fish and seafood, egg dishes, stews and casseroles, soups, vegetables, salads, gravies, sauces.

**Mint:** Spicy and cool. Roast lamb and beef, vegetables, sauces, relishes, jelly, salads, fruits, beverages.

**Mustard:** Pungent taste. Pickles, relishes, salad dressings, sauces, dips, egg dishes, marinades, pork and ham, corned beef.

**Nutmeg:** Warm, sweet, spicy flavor. Vegetables, egg dishes, beverages, breads, cookies, cakes, desserts, sauces.

**Oregano:** Strong and aromatic. Italian dishes, pizza and pasta, broiled and roasted meats and poultry, fish and seafood, stews and casseroles, egg dishes, tomato sauces, soups, vegetables, salads, salad dressings.

**Paprika:** Varies from mild, slightly sweet to hot; adds color to many dishes. Meats, poultry, salad dressings, dips, vegetables, soups and salads.

**Parsley:** Mild flavor. Brings out the flavor of most non-sweet foods. Popular as a garnish.

**Poultry Seasoning:** Like sage but milder. Poultry, stuffings, biscuits.

**Rosemary:** Sweet, spicy, pinelike fragrance. Roasted meat and poultry, fish, stews, casseroles, stuffings, salads, breads, egg dishes.

**Saffron:** Strong aroma, slightly bitter. Poultry, fish and seafood, rice, breads, cooking, cakes.

**Sage:** Strong, slightly bitter. Roasted meats and poultry, fish, stuffings, vegetables, cheese dishes, salads, gravies, sauces.

**Savory:** Pleasant, peppery aroma. Meat, poultry and egg dishes, fish stuffings, salads, soups, gravies, sauces.

**Sesame seed:** Mild, nutlike flavor. As a garnish on bread, rolls, cookies, green salad.

**Tarragon:** Mild, licoricelike flavor. Roasted or broiled meats and poultry, fish, stews, vegetables, salads, sauces.

**Thyme:** Strong, pungent flavor. Roasted meats and poultry, fish, stews, vegetables, salads, sauces.

**Tumeric:** Aromatic, slightly bitter, pepperlike flavor. Curry dishes, pickles, relishes, salad dressings, dips.

## CANNING

### BEET JELLY

*Philip Boehmer*

6 or 7 cups beet pulp  
6 cups sugar

1 1/2 cups vinegar  
1 pkg Certo crystals

Boil, peel and put beets through a food chopper. Take 6 or 7 cups beet pulp, sugar, vinegar. Boil 2 minutes then add Certo crystals. Boil 5 more minutes, stirring frequently (may need to boil 7 minutes). Put into jars.

### GRAPEFRUIT WINE JELLY

*Lorena Robinson*

1 cup fresh grapefruit juice  
1 cup port wine

3 1/2 cups sugar  
3 oz (1/2 bottle) liquid pectin

Combine in a saucepan freshly squeezed and strained grapefruit juice, wine and sugar. Stir over low heat 8 to 10 minutes or until sugar is dissolved. Remove from heat and stir in pectin, skimming if necessary. Pour immediately into hot sterilized jars and seal. Yield: 5 to 6 jelly jars.

### ZUCCHINI JAM

*Kyle Desjardins*

6 cups grated zucchini  
4 cups white sugar  
14 oz can crushed pineapple

6 oz or 2 (3 oz) pkg peach or  
apricot Jell-O powder  
1/2 cup lemon juice

Cook sugar and zucchini until clear, about 10 minutes. Add lemon juice and pineapple and boil 6 to 10 minutes more, stirring all the time. Take off stove and add Jell-O powders and stir until dissolved. Pour into sterilized jars. Let cool a little and then pour paraffin wax on top. Screw tops tight. Makes 7 small jars.

### CANNED TOMATOES

*Larry Desjardins*

Tomatoes  
1/2 cup tomato or V8 juice

1 tsp salt  
1 Tbsp sugar

Peel tomatoes. Pack into jars. Add to each jar the above amounts of tomato or V8 juice, salt and sugar. Put lids on jars and put in canner. Bring to boil. Let boil for 30 minutes.

## **SWEET DILL PICKLES**

*Mavis Boehmer*

**Cucumbers**  
**Fresh dill**  
**Pickling salt**  
**Alum**

**Garlic cloves**  
**4 cups vinegar**  
**2 cups sugar**  
**Boiling water**

Slice cucumbers or whole. Place in jars with pieces of dill, 1 tablespoon pickling salt, pinch alum and garlic to each jar. Mix vinegar and sugar in a pot. Boil 5 minutes. Pour 1 cup of vinegar mixture in each jar. Fill to top with boiling water. Put lids on. Place in a tub of hot water. Let cool before removing from tub.

## **14 DAY SWEET MIX PICKLES**

*Mavis Boehmer*

**Sliced cucumbers**  
**Pickling onions**  
**Cauliflower**  
**1 Tbsp alum (heaping)**  
**6 cups vinegar**  
**12 cups white sugar**

**1/4 tsp oil of cinnamon**  
**1/4 tsp oil of cloves**  
**1 pt coarse salt**  
**Green food coloring (optional)**  
**Boiling water**

Slice cucumbers, pickling onions (peeled), cut up cauliflower to fill 2 gallon crock or pail with lid. Add 1 pint salt and enough boiling water to cover. Do not throw away. They smell but are fine. On day 8, drain and cover with boiling water. On day 9, drain, cover with boiling water and 1 tablespoon alum. On day 10, drain and cover with syrup made of rest of ingredients and color if desired. On day 11, 12 and 13, drain syrup to pot (only syrup), bring to a boil and pour over cucumbers again. On day 14, reheat syrup and place cucumbers in jars. Pour boiling syrup to jars, seal and place under towels till cooked and sealed.

## **GREEN RELISH**

*Tannis Desjardins*

**6 qt cucumbers**  
**1 red hot pepper (optional)**  
**7 level Tbsp pickling salt**  
**1 3/4 cups white vinegar**

**2 cups ground onions**  
**2 red sweet peppers, ground**  
**3 cups white sugar**  
**1 tsp green food coloring**

Wash, dry and grind cucumbers. Let stand 2 to 3 hours in a large crock or enamel or stainless steel bowl. Drain off all juice possible. When well drained, this measures 12 to 13 cups. Add remaining ingredients, except for vinegar and food coloring. Mix vinegar and food coloring together and pour over cucumber mixture. Boil for 25 minutes and seal in hot jars.

## THOUSAND ISLAND RELISH

*Lorna Bennett*

8 large cucumbers  
1 large cauliflower  
2 large onions  
2 sweet red peppers  
2 green peppers  
1/2 cup pickling salt  
5 cups water

Dressing:  
8 cups vinegar  
6 cups sugar  
1 Tbsp celery seed  
1 Tbsp mustard seed  
1 Tbsp turmeric  
3/4 cup flour

Coarsely chop the first 5 ingredients. Sprinkle with 1/2 cup pickling salt. Add water. Let stand for 1 hour. Drain well. Mix dressing ingredients. Cook until smooth and thick in a large pot. Add ground vegetables to dressing. Boil for 20 minutes. Stir and watch it doesn't burn to bottom of pot. Fill jars and seal. Yield: 10 (16 ounce) jars.

## ANTIPASTO

*Tannis Desjardins*

8 oz oil  
1 tin black olives  
1 tin mushrooms  
1 red pepper  
15 oz bottle hot ketchup  
5 to 6 cloves garlic  
1 cup sugar  
1 large cauliflower  
1 jar green olives

3 green peppers  
4 cups ketchup  
2 cups sweet relish  
2 tsp cinnamon  
1 cup vinegar  
1 can tuna  
1 can chicken flakes  
1 can ham flakes  
1 can broken shrimp (optional)

Chop everything first. Don't use blender. Put first 14 ingredients in large pot. Bring to a boil and simmer for 15 to 20 minutes. Stir often. Let cool slightly. Rinse tuna, chicken flakes, ham flakes and broken shrimp. Add these to pot. Put in jars and process for about 20 minutes.

## PASTA SAUCE

*Mavis Boehmer*

3 Tbsp oil  
1 Tbsp oregano  
1 cup chopped onion  
1 Tbsp basil  
2 bay leaves

1 Tbsp garlic, fresh and minced  
2 Tbsp pickling salt  
Black pepper  
Tomato paste  
6 cups tomatoes

Cook onion in oil and add garlic. Cook 1 minute longer. Add remaining ingredients and simmer until thick (1 to 1 1/2 hours). Pour into sterilized jars and seal.

## SALSA

*Helen McEwen*

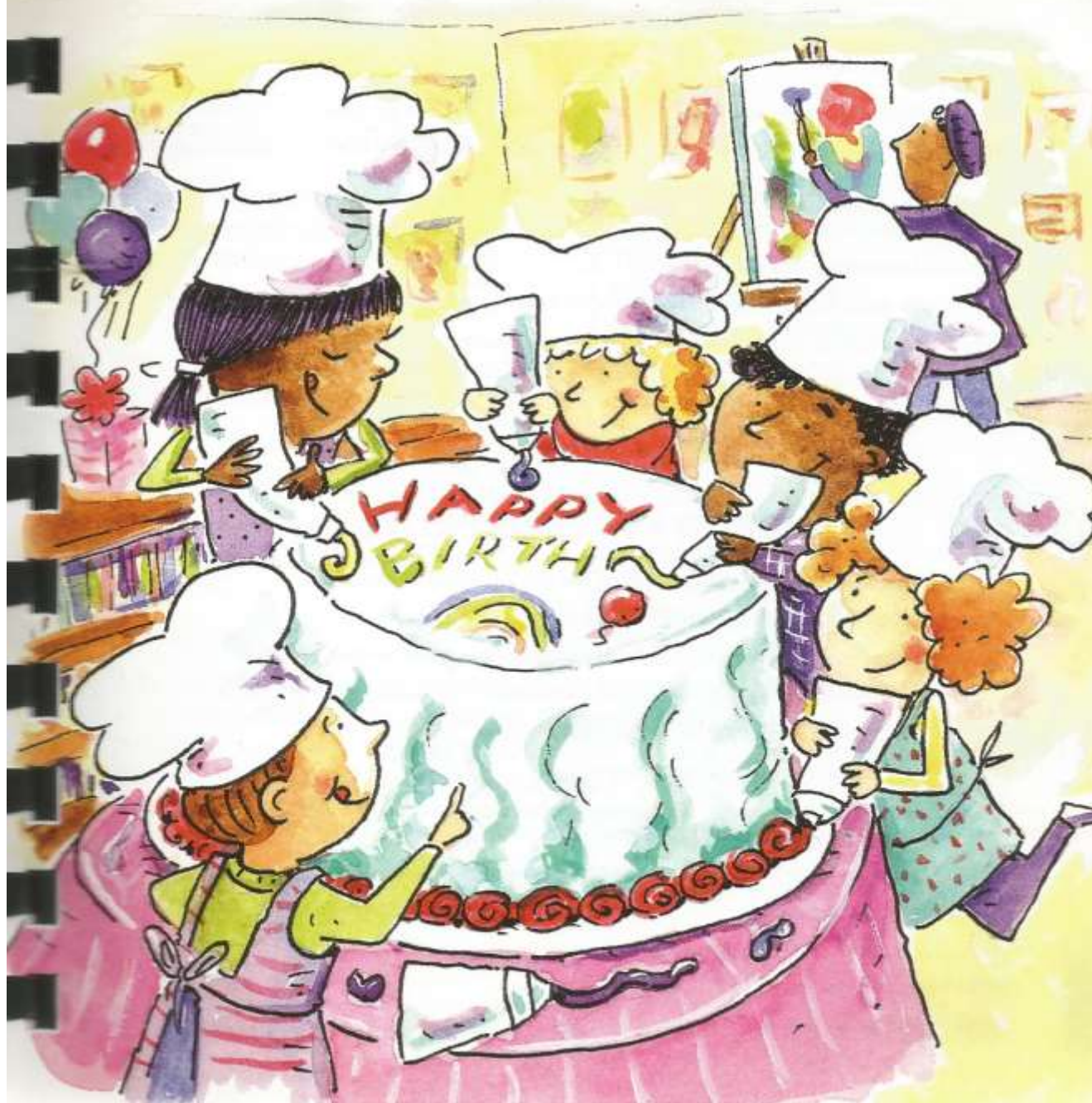
8 cups tomatoes, chopped  
2 cups yellow and green  
peppers, chopped  
2 cups cider vinegar  
4 cloves garlic, minced  
2 Tbsp sugar  
2 tsp paprika  
1/4 cup fresh coriander,  
chopped or 1 to 2 tsp dried

2 cups onions, chopped  
1/2 cup jalapeno peppers,  
chopped and seeded  
1 cup sweet red pepper,  
chopped  
5 1/2 oz can tomato paste  
1 Tbsp salt  
1 tsp oregano

In large heavy saucepan, bring to boil all ingredients except coriander. Stir frequently. Reduce heat to low-medium and simmer for 1 hour (I find it's more like 2 to 3 hours to get the right dipping consistency) till it coats the spoon. Stir in coriander and simmer 5 minutes longer. Fill and seal jars. Process in water basin for 20 minutes. Makes 9 cups. This can be used to mix with ground beef if in a hurry.

**Note:** Wear rubber gloves and wash hands well after chopping jalapeno peppers.

# Odds & Ends



## FANCY PARTY SANDWICHES

For mixed receptions and parties, allow 2 slices bread or 3 to 4 small sandwiches per person\*

For ladies tea parties or showers, allow 1 to 1½ slices bread or 2 to 3 small sandwiches per person\*

**Bread:** Approximate number of slices (crusts removed) from loaves

Bread	¾-inch slices	½-inch slices
16-ounce loaf	20	16
20-ounce loaf	22	18
24-ounce loaf	25	22

**Butter:** Allow ¼ lb. per 24-ounce loaf.

**Filling:** To make filling for one 24-ounce loaf allow:

- 2½ cups chopped meat or poultry
- 12 hard-cooked eggs
- ¾ lb. thinly sliced meat or cheese
- 10 to 12 ounces peanut butter or jam
- ¾ lb. cream or soft cheese
- 2-7 oz. tins fish

- Use about 2-3 large loaves of bread to make small sandwiches (depending on the size of sandwiches for 50 people).
- Make various fancy shaped, checkerboards, ribbon, pinwheel, wagon wheel and roll-up sandwiches.
- Use flavored butters and attractive garnishes.
- For rolled sandwiches, use bread that is very fresh, so that slices will not crack when rolled.
- Chill bread to facilitate slicing thinly.
- Soften butter and beat it until soft and fluffy, to make it easy to spread.
- Prepare sandwiches in advance, wrap tightly in wax paper and refrigerate before slicing.

\*depending on what other food is being served, age group, time of day, etc.

## MICROWAVE COOKING HINTS

**To speed cooking and promote even heating, use the following techniques:**

- Stir food during cooking to bring the heated outside parts of the food to the center.
- Turn food over when microwaving small items like hamburgers or chops or when defrosting.
- Rearrange foods or individual items during cooking to promote even heating.
- Allow standing time to complete the cooking of roasts and baked products.
- Cover foods to hold in moisture and speed cooking.
- Arrange food in a ring or circular shape to allow maximum exposure to microwave energy. Place tender or thin parts in the center and thicker pieces toward the outside.
- Rotate or move food a quarter or half turn during cooking to allow foods which cook quickly to cook evenly.
- Select foods or pieces of the same size and shape because small items cook faster than large ones.
- Food at refrigerator temperature takes longer to cook than food at room temperature.
- Dense foods take more time to heat than light or porous foods.

## ODDS & ENDS

### EMERGENCY SUBSTITUTIONS

*Linda Pylypchuk*

One tablespoon cornstarch (for thickening) equals 2 tablespoons flour.

One cup honey equals 3/4 cup sugar plus 1/4 cup liquid.

One ounce square unsweetened chocolate equals 3 tablespoons cocoa plus 1/2 teaspoon shortening.

One whole egg equals 2 egg yolks plus 1 teaspoon water (in cookies, etc.) or equals 2 egg yolks (in custards and such mixtures).

One cup canned tomatoes equals 1 1/3 cut up fresh tomatoes, simmered 10 minutes.

One cup sour milk or buttermilk equals 1 tablespoon lemon juice or vinegar plus enough fresh milk to make 1 cup.

### BEANS (Beef On A Bun Supper)

*Doreen Lenius*

7 large cans (48 oz) beans  
2 lb bacon, cut up fine, fried  
5 cups onions, chopped fine  
1 1/4 cups brown sugar

1 small bottle Worcestershire  
sauce  
2 Tbsp prepared mustard  
1 1/3 cups ketchup  
1 1/4 cups molasses

Mix in large roaster. Bake for 4 hours at 325°F (watch so it doesn't burn). Serves 60 (plus). For smaller batch, alter recipe.

### HIP OF BEEF (Beef On A Bun Supper)

*Doreen Lenius*

Hip or large roast (approx  
20 lb)  
Salt  
Garlic powder

Onion powder  
Dry mustard (sprinkle lightly)  
Barbecue sauce

Mix pepper, salt, garlic powder, onion powder and dry mustard together in a bowl. Rub on roast. Brush barbecue sauce on last. Put in open roaster. Set oven at 250°F. Cook for 5 to 6 hours or until desired doneness (test with meat thermometer). One roast will feed 50 people. (For our beef on a bun, we do 4 roasts.)

## **CROCK POT DRESSING**

*Tannis Desjardins*

- |                                     |                 |
|-------------------------------------|-----------------|
| 10 to 12 cups cubed bread           | 1/4 tsp pepper  |
| 2 onions                            | 1 cup butter    |
| 1 cup hot water or chicken<br>broth | 2 stalks celery |
| 1 tsp poultry seasoning             | 1 1/2 tsp sage  |
|                                     | 1 tsp salt      |

Sauté onions and celery in butter until tender. Add hot water. Mix bread cubes and seasoning in large bowl. Pour onion mixture over bread; mix well. Put in slow cooker and heat on low for 4 to 5 hours.

## **OPEN FACE SANDWICHES**

*Doris Munoz*

- |                              |                       |
|------------------------------|-----------------------|
| 1/4 lb grated cheddar cheese | 2 Tbsp chopped olives |
| 1 small tin flaked tuna      | 2 Tbsp relish         |
| 2 hard boiled eggs, chopped  | 1/4 cup mayonnaise    |
| 2 Tbsp chopped green pepper  |                       |

Spread on bun halves and bake 10 minutes at 350°F.

## **CHINESE TACOS OR LETTUCE WRAPS**

*Michelle Yee*

- |   |   |
|---|---|
| 1 head iceberg lettuce                          | 1 small pkg cellophane<br>noodles, soaked |
| 1 lb ground beef, pork or<br>mixture            | 1 tsp sesame oil                          |
| 2 Tbsp cooking oil                              | 2 cloves garlic, finely minced            |
| 2 stalks celery, shredded                       | 2 slices ginger, shredded                 |
| 1 medium carrot, shredded                       | 1 Tbsp hoisin sauce                       |
| 1 small head cabbage,<br>shredded               | 1/2 tsp sugar                             |
| 2 stalks green onion, cut into 1<br>inch pieces | 1/2 cup broth                             |
|   | 1 tsp tapioca starch                      |
|   | 1/4 cup water                             |

Separate lettuce into individual leaves without tearing. Soak in cold water and set aside on a platter. Heat wok with oil and stir-fry meat for 2 minutes. Add celery, carrot, cabbage and the rest of the ingredients except thickening agent (starch with water). Mix well and cook till done, approximately 2 to 3 minutes. Thicken and place on a platter.

To serve, place a couple of spoonfuls of vegetable/meat mixture in center of a lettuce leaf and wrap like a cabbage roll. Sprinkle hoisin sauce on mixture.

## WON TON

*Michelle Yee*

1 lb boneless pork finely  
chopped or 1/2 lb each pork  
and shrimp, finely chopped  
1/3 cup water chestnuts, finely  
chopped  
2 whole green onions, finely  
chopped

1 Tbsp soy sauce  
1/2 tsp salt  
1/8 tsp pepper  
1/2 tsp minced fresh ginger  
2 tsp dry sherry  
1 egg  
1 lb pkg won ton skins

Combine pork (and shrimp, if you use it), water chestnuts, onion, soy, salt, ginger and sherry until well mixed. Beat egg in a small bowl. To fill won ton skin, place a won ton skin on the counter. (Cover remaining skins with a damp towel to keep them pliable.) Mound 1 teaspoon of filling in 1 corner. Fold that corner over with other corner to form a triangle. Moisten inner edges of triangle with egg and pinch to seal. Overlap the 2 side edges of the triangle. Place on baking sheet.

Deep fry in vegetable oil at 360°F for 2 minutes, 4 to 6 won tons at a time. Makes 6 to 7 dozen won tons.

## MARINADE

*Kyle Desjardins*

1/4 cup vinegar  
3/4 cup oil  
1/2 tsp dry mustard  
1 tsp onion flakes  
1/4 tsp pepper  
1/4 tsp garlic powder

2 Tbsp water  
1 tsp salt  
1 tsp ketchup  
1/2 tsp sugar  
1/4 tsp paprika

Put all ingredients in a jar and shake. Pour over meat and allow to sit for several hours.

## EDIBLE DIRT

*Michelle Yee*

1 pkg instant chocolate  
pudding powder  
1/4 cup powdered milk

1 1/2 cups water  
1/2 cup crushed cookies\*  
3/4 to 1 cup gummy worms

\*Oreo cookie crumbs can be mixed equally with graham cracker crumbs.

Mix pudding powder and powdered milk in a large bowl. Stir in cookie crumbs and gummy worms. Place in clear plastic cups and enjoy.

## ICE CREAM SANDWICHES

*Ashley Desjardins*

**Graham crackers**  
**1 cup mini chocolate chips**  
**2 cups Cool Whip**

**4 serving size pkg instant  
vanilla pudding**

Make pudding according to directions and then mix in all other ingredients except for graham crackers. Put 3 tablespoons of filling between 2 graham crackers. Place on cookie sheet to freeze. Freeze until firm then place in Ziploc bag and put back in freezer.

## CUBAN LUNCH PETIT FOURS

*Darlene Bailey*

**1 pkg chocolate chips**  
**1 pkg butterscotch chips**  
**1 pkg peanut butter chips**

**1 1/2 cups crushed ripple chips**  
**1 1/2 cups crushed unsalted  
peanuts**

Melt chips on low in a nonstick pan, stirring constantly (or in a microwaveable bowl in microwave). Add ripple chips and peanuts, mixing until thoroughly mixed. With a teaspoon, drop mixture into petit four cups. Chill till firm. Makes approximately 70.

## FIVE MINUTE CHOCOLATE FUDGE

*Jennifer Yee*

**2 Tbsp margarine**  
**2/3 cup evaporated milk**  
**1 1/2 cups sugar**  
**1/4 cup salt**  
**2 cups miniature marshmallows**

**1 1/2 cups chocolate chips**  
**1 tsp vanilla**  
**1/2 cup chopped nuts  
(optional)**

Line an 8x8 inch pan with foil and grease with margarine. In saucepan, combine margarine, milk, sugar and salt. Bring to a boil over medium heat. Cook, stirring constantly, for 5 minutes (start timing when mixture begins to bubble around the edge of the pan). Remove from heat and add remaining ingredients. Stir to mix, then beat with a spoon for 1 minute or until marshmallows are melted. Pour into prepared pan. Cool and cut into about 36 squares.

*Conceit is a form of "I" strain.*

## CARAMEL CORN

*Wendy Hollinger*

1 cup brown sugar  
1/2 cup butter  
1/4 cup corn syrup

1/2 tsp baking soda  
1 Tbsp vanilla  
10 cups popcorn

Line baking sheet with brown paper or butter foil. In saucepan, melt brown sugar, butter and corn syrup. Bring to boil, stirring constantly, for 2 minutes. Remove from heat and stir in baking soda and vanilla. Pour over popcorn and toss. Spread on baking sheet and bake at 250°F. Stir every 10 minutes, for 25 minutes. Let cool. Store in air-tight containers.

## PECAN CLUSTER CRUNCH

*Ashley Desjardins*

4 cups Shreddies cereal  
2 tsp cinnamon  
1/4 cup butter  
1/4 tsp baking soda

1 cup chopped pecans  
1/2 cup packed brown sugar  
1/4 cup corn syrup

Heat oven to 250°F. Mix cereal, nuts and cinnamon in large mixing bowl and set aside. Mix brown sugar, butter and corn syrup in medium saucepan. Bring to a boil, stirring constantly. Boil 2 minutes without stirring. Stir in baking soda. Pour over cereal mixture; stir until pieces are coated. Spread evenly on lightly greased baking sheet.

## POPPYCOCK

*Leona Dent*

4 qt popped popcorn  
2 cups nuts (pecans, almonds)  
1 cup butter  
1 cup white sugar

1/2 cup corn syrup  
1 tsp cream of tartar  
1/2 tsp each soda and vanilla

Place popped popcorn and nuts on a large baking sheet (or in large bowl) and heat in a 300°F oven for 10 minutes. Boil remaining ingredients to hard ball stage. Take off heat and add 1/2 teaspoon baking soda and 1/2 teaspoon vanilla. Stir (it will puff up), then pour over popcorn and nuts. Mix well. Spread on baking sheet to cool. Break into pieces.

*Talent knows what to do, tact knows how to do it.*

## **SMALL CHRISTMAS CAKE**

*Mavis Boehmer*

**1/2 lb butter  
1 cup brown sugar  
1/4 cup molasses  
3 eggs  
1/4 cup sour cream  
1 cup raisins  
1 cup currants  
1 cup dates**

**1/2 container mixed glazed fruit  
1 1/2 cups flour  
1/4 tsp baking soda  
1/2 tsp cinnamon  
1/2 tsp cloves  
3/4 tsp baking powder  
2 Tbsp orange juice  
1/4 cup dark rum or brandy**

Mix all ingredients well. Fill loaf or deep cake pans 1/2 full. Preheat oven to 300°F to 350°F. Bake until when tested toothpick comes out clean. (This will be over 1 hour, start testing at about 1 hour and 15 minutes.)

Place can of water in oven when baking cake. Check periodically to make sure water does not evaporate entirely. Add water as necessary.

## **TREATS FOR YOUR DOG**

*H.E. Pearce*

**1 cup all-purpose flour  
1 1/2 cups uncooked oatmeal  
1 1/2 cups whole wheat flour  
1 1/2 cups cornmeal  
1/2 cup oat bran**

**4 Tbsp garlic powder  
1/3 cup olive oil  
1 egg  
1 1/4 cups vegetable stock**

Mix dry ingredients. Add oil, egg and stock. Mix into a soft dough. Roll out 1/2 inch thickness. Use cookie cutter to cut into desired shapes. Bake at 300°F (150°C) for 2 hours. Turn off oven and let cookies sit in it until oven is completely cool to dry and harden them. Cookies will keep for several weeks. The garlic may keep fleas at bay.

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